

# Chronic Obstructive Pulmonary Disease (COPD)



## Management ZONES

<b>GREEN ZONE</b>	<p><b>ALL CLEAR (GOAL)</b></p> <ul style="list-style-type: none"> <li>• No cough, wheezing, or shortness of breathing; able to do usual activities</li> <li>• No need to use rescue inhalers</li> <li>• No changes in cough and sputum (phlegm)</li> <li>• Appetite is good</li> </ul>	<p><b>Doing Great!</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ Take medicines as ordered</li> <li>○ Keep all doctor appointments</li> <li>○ Follow healthy eating habits</li> <li>○ Continue regular exercise</li> <li>○ Use oxygen as ordered</li> <li>○ Stop smoking or being around others who smoke</li> <li>○ Get annual flu shot</li> </ul> </li> </ul>
<b>YELLOW ZONE</b>	<p><b>CAUTION (WARNING)</b></p> <p><b>If you have any of the following:</b></p> <ul style="list-style-type: none"> <li>• Sputum (phlegm) increases, color changes, or it thickens</li> <li>• Cough increases or wheezing even after taking your medicines</li> <li>• More trouble breathing or more coughing with activity</li> <li>• Extra pillows to sleep</li> <li>• Medicine is not helping</li> <li>• Appetite not very good</li> </ul>	<p><b>Act Today!</b></p> <ul style="list-style-type: none"> <li>• Means you may need your medicines changed</li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ Use oxygen as ordered</li> <li>○ Take your “quick relief medicine” (rescue inhaler)</li> <li>○ Call <b>your home health nurse</b></li> </ul> <hr style="width: 20%; margin-left: auto; margin-right: auto;"/> <p style="text-align: center;"><i>(agency’s phone number)</i></p> <li>○ Or call <b>your doctor</b></li> </li></ul> <hr style="width: 20%; margin-left: auto; margin-right: auto;"/> <p style="text-align: center;"><i>(doctor’s phone number)</i></p>
<b>RED ZONE</b>	<p><b>EMERGENCY</b></p> <ul style="list-style-type: none"> <li>• Trouble breathing or wheezing at rest             <ul style="list-style-type: none"> <li>○ Hard to walk or talk</li> </ul> </li> <li>• Rescue medication isn’t working</li> <li>• Chest pain or tightness that does not go away</li> <li>• Must sit up to breathe</li> <li>• Lips or finger nails turn blue or gray</li> <li>• Confusion/anxiety</li> </ul>	<p><b>Act NOW!</b></p> <ul style="list-style-type: none"> <li>• Means you need to be seen by a doctor <u>right away</u></li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ <b>Call your doctor right away</b></li> </ul> <hr style="width: 20%; margin-left: auto; margin-right: auto;"/> <p style="text-align: center;"><i>(doctor’s phone number)</i></p> <li>○ <b>Or call 911</b></li> </li></ul>