

COPD (Chronic Obstructive Pulmonary Disease)



Clinical Oversight

- Proactive assessment completed upon admission screening for existing symptoms that may trigger further evaluation for need of medical support for COPD
 - Physician notified of findings if score on assessment identifies possible risk factors
- Minimum of daily nursing assessment completed on each patient
 - Monitor for changes in respiratory condition (increased SOB, skin color)
 - Check oxygen saturation
- Physician oversight of care at facility
- Nursing provides the following respiratory treatments:
 - Nebulizers
 - Rescue inhalers
 - Bi-pap/C-pap
 - Breathing treatments
 - Oxygen support via nasal cannula and mask
- Physical and Occupational Therapy available to assist with improving endurance and activities of daily living
- Comprehensive care team: Nursing, Therapy (Physical, Occupational and Speech), Dietitian, Pharmacist
- Pyxis machine for emergency access to inhalers or initiate antibiotic therapy promptly



COPD Action Plan

Actions to take if my symptoms get worse

This plan is to be completed by patients with the help of their physician/health care provider. The patient should bring this form to each doctor appointment and update as needed.

This symptom list below is comprehensive but you may experience other symptoms. If you are unclear as to the actions you should take, please contact your physician/health care provider.



GREEN ZONE: All Clear

- Able to do usual activities
- No new symptoms
- No chest pain
- Your usual medications are controlling your symptoms

Green Zone Means:

- Your Symptoms are under control
- Continue taking your medications
- Continue activity as tolerated
- Use pursed lip breathing as instructed



YELLOW ZONE: Caution

If you have any of the following signs and symptoms:

- Increased cough and/or discolored sputum production
- Increased in shortness of breath with usual activity level
- Increase in the amount of quick relief medications used
- Change in usual energy level: increase in either fatigue or restlessness

Yellow Zone Means: Warning

- Your symptoms may indicate that you need an adjustment of your medications
- Call your doctor: _____
Number: _____
- You should consult or see your doctor within 24-48 hours
- Call your Home Care Nurse 24 hour number _____
Tell your home care nurse if you call or see your doctor



RED ZONE: Medical Alert

- Severe or unusual shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep if you don't normally
- New or increased confusion

Red Zone Means: Emergency

- This indicates that you need to be evaluated by a doctor right away—Now!

Go to the nearest emergency room or call 911



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