

# Chronic Obstructive Pulmonary Disease (COPD) Management ZONES

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References: [GOLD, 2012](#); [GOLD, 2014](#); [American Lung Association, 2014](#)

<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/> <i>(agency’s phone number)</i> <ul style="list-style-type: none"> <li>Or call <b>your doctor</b></li> </ul> <hr/> <i>(doctor’s phone number)</i> </li> </ul>
<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>Call <b>your doctor right away</b></li> </ul> <hr/> <i>(doctor’s phone number)</i> <ul style="list-style-type: none"> <li>Or call <b>911</b></li> </ul> </li> </ul>



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