

Chronic Obstructive Pulmonary Disease (COPD) Management ZONES

[Insert Agency Logo]

GREEN ZONE	<p>ALL CLEAR (GOAL)</p> <ul style="list-style-type: none"> No cough, wheezing, or shortness of breathing; able to do usual activities No need to use rescue inhalers No changes in cough and sputum (phlegm) Appetite is good 	<p>Doing Great!</p> <ul style="list-style-type: none"> Your symptoms are under control Actions: <ul style="list-style-type: none"> Take medicines as ordered Keep all doctor appointments Follow healthy eating habits Continue regular exercise Use oxygen as ordered Stop smoking or being around others who smoke Get annual flu shot
YELLOW ZONE	<p>CAUTION (WARNING)</p> <p>If you have any of the following:</p> <ul style="list-style-type: none"> Sputum (phlegm) increases, color changes, or it thickens Cough increases or wheezing even after taking your medicines More trouble breathing or more coughing with activity Extra pillows to sleep Medicine is not helping Appetite not very good 	<p>Act Today!</p> <ul style="list-style-type: none"> Means you may need your medicines changed Actions: <ul style="list-style-type: none"> Use oxygen as ordered Take your “quick relief medicine” (rescue inhaler) Call your home health nurse <hr style="width: 20%; margin-left: 0;"/> <p style="text-align: right; margin-right: 20px;"><i>(agency’s phone number)</i></p> Or call your doctor <hr style="width: 20%; margin-left: 0;"/> <p style="text-align: right; margin-right: 20px;"><i>(doctor’s phone number)</i></p>
RED ZONE	<p>EMERGENCY</p> <ul style="list-style-type: none"> Trouble breathing or wheezing at rest <ul style="list-style-type: none"> Hard to walk or talk Rescue medication isn’t working Chest pain or tightness that does not go away Must sit up to breathe Lips or finger nails turn blue or gray Confusion/anxiety 	<p>Act NOW!</p> <ul style="list-style-type: none"> Means you need to be seen by a doctor <u>right away</u> Actions: <ul style="list-style-type: none"> Call your doctor right away <hr style="width: 20%; margin-left: 0;"/> <p style="text-align: right; margin-right: 20px;"><i>(doctor’s phone number)</i></p> Or call 911

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



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