



COPD Zone Tool

<p>Every Day</p>	<ul style="list-style-type: none"> • Take daily medications/inhalers as prescribed by your doctor • Use oxygen as instructed • Do pursed-lip breathing when short of breath • Avoid smoke and inhaled irritants • Check which COPD Zone you are in (Green, Yellow or Red) • Balance activity and rest times. • Eat 5 or 6 small meals a day instead of 3 large ones. • Drink plenty of fluids • Get plenty of rest and reduce stress
<p>Green Zone</p>	<p>ALL CLEAR! This zone is your goal. Keep up the good work!</p> <ul style="list-style-type: none"> • Your breathing is normal for you • You are able to do usual activity and exercise • You have usual amounts of coughing/phlegm/mucous • Your appetite is good or normal for you • You do not need to use rescue inhalers • You are sleeping well
<p>Yellow Zone</p>	<p>CAUTION!! This zone is a warning and you should call your doctor if...</p> <ul style="list-style-type: none"> • You are more breathless • You are wheezing or coughing more than usual • You feel like you have a “chest cold “ • You have increased phlegm or mucous or a change in color of phlegm or mucous • You have trouble talking or doing your usual activities because of breathing problems • You are feeling more tired; you have no energy • You have a dry hacky cough • You are using your rescue inhaler or nebulizer more often than usual • You have difficulty lying flat/ need to sleep in a chair (if a change) • You are feeling uneasy; you know something is not right • You have fever or chills
<p>Red Zone</p>	<p>EMERGENCY!!! Call 911 or have someone take you to the Emergency Room!!</p> <ul style="list-style-type: none"> • You are having trouble breathing • Severe chest pain or pressure that lasts for more than a few minutes or keeps returning • Wheezing or chest tightness at rest. • You are confused or can't think clearly • You are feeling dizzy or feel like you may pass out.

References: www.ihl.org
CareNotes® **CHRONIC OBSTRUCTIVE PULMONARY DISEASE - General**

Key Contacts- Fill in numbers for: Primary Physician _____
Pulmonologist: _____
VNA _____ Other: _____