



# Fact sheet for health professionals: Chronic Obstructive Pulmonary Disease Action Plan

The Respiratory Health Network Chronic Obstructive Pulmonary Disease (COPD) Action Plan is for people with COPD. The goal is for all patients to be provided with a COPD Action Plan from their GP, medical specialist or health care coordinator.

**SAMPLE**

Government of Western Australia  
Department of Health

Respiratory Health Network

## Chronic Obstructive Pulmonary Disease Action Plan

Name \_\_\_\_\_

Phone \_\_\_\_\_

UMRN Public Hospital \_\_\_\_\_

Medicare No \_\_\_\_\_

If found please contact or return to

Usual GP \_\_\_\_\_

Phone \_\_\_\_\_

**Usual treatment—Chronic Obstructive Pulmonary Disease (COPD) under control**

- Inhaler 1: Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Inhaler 2: Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Symptom reliever: \_\_\_\_\_ as required.

**Beware if required more than four (4) hourly**

- Other treatment: \_\_\_\_\_
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Combined therapy: \_\_\_\_\_
- Freq: \_\_\_\_\_

**Worsening Chronic Obstructive Pulmonary Disease (COPD)**

**Gradual deterioration:** symptoms worsen progressively, maybe over several days or longer.

- Increasing cough, sputum, breathlessness, wheeze, chest tightness, fever, chills, muscle aches and pains; off food.
- Relief from normally used reliever medication is not as good as usual and doesn't last as long. A need for more frequent medication may be your strongest warning.

**Additional treatment—for worsening Chronic Obstructive Pulmonary Disease (COPD)**

- Increase medication (preventer and reliever)
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Add medication (e.g. Prednisolone; antibiotics)
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_

**If there is no satisfactory and lasting reversal of deterioration in  hours act on emergency plan and call ambulance.**

**When you improve with increased medication you should call your case manager and also see your doctor as soon as possible for re-assessment and review of medication.**

Case manager name: \_\_\_\_\_

Contact number: \_\_\_\_\_

**Delivering a Healthy WA**

**Severe Chronic Obstructive Pulmonary Disease (COPD)**

**Warning Signs**

- Severe breathlessness
- Needing reliever medication more than 2 hourly
- Unable to speak more than a couple of words
- Unable to walk more than a few paces
- Attack is frightening or unusual.

**With these symptoms an ambulance is needed. Dial 000 and ask for ambulance.**

Indicate "severe Chronic Obstructive Pulmonary Disease (COPD) attack"

**Act on emergency plan**

- Administer medication
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Dose: \_\_\_\_\_ Freq: \_\_\_\_\_
- Administer oxygen, if required.

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**Act on additional treatment** →

## Key messages

- Provide patients and health care providers with easy access to the name and contact details of their GP and current treatment regime.
- Provide information for patients on how to manage both stable and acute exacerbations and what to do in an emergency.

## Questions and answers

### What is the purpose of the action plan?

The purpose of the action plan is to be a self management tool. Information for patients/should be reinforced at GP and specialist appointments and by health professionals providing home or community services. It should be updated at any time there is a change in the treatment/medication regime.

### Who completes the action plan and gives it to the patient?

The action plan should be completed in consultation with the patient and given to them by a health professional eg. GP.

It is preferable to complete the Action Plan when the patient/consumer is stable and on appropriate treatment.

### What contact details and patient information are required on the action plan?

The action plan should have contact details for the patient, GP, and case manager or key health service provider and hospital record number and Medicare number.

COPD Action Plans and fact sheets can be downloaded from  
<http://www.healthnetworks.health.wa.gov.au/network/respiratory.cfm>

