

COPD Zone Tool & Action Plan

"I am doing well today!"

| Green Zone: Good Breathing Day | Actions |
|---|--|
| <ul style="list-style-type: none"> • Usual activity and exercise level • Usual amounts of cough and phlegm/mucus • Sleep well at night • Appetite is good | <ul style="list-style-type: none"> • Take daily medicines • Use Oxygen as prescribed • Continue regular exercise/diet plan • At all times avoid cigarette smoke, inhaled irritants |

"I am having a bad day or a COPD flare"

| Yellow Zone: Bad Breathing Day | Actions: |
|--|--|
| <ul style="list-style-type: none"> • More breathless than usual • I have less energy for my daily activities • Using quick relief inhaler/nebulizer more often • Swelling of ankles more than usual • More coughing than usual • I feel like I have a "chest cold" • Poor Sleep and my symptoms woke me up • My appetite is not good • My medicine is not helping | <ul style="list-style-type: none"> • Continue daily medication • Use quick relief inhaler every__hours • Start an oral corticosteroid (specify name, does, and duration name_____dose_____duration____) • Start an antibiotic (specify name, dose and duration name_____dose_____duration____) • Use oxygen as prescribed • Get plenty of rest • Use pursed lip breathing • At all times avoid cigarette smoke, inhaled irritants • Call provider immediately if symptoms don't improve • If you have a home health nurse visiting call the home health agency • Home Health Agency Phone # _____ |

"I need urgent medical care!"

| Red Zone: Emergency Breathing Day | Actions: |
|--|--|
| <ul style="list-style-type: none"> • Severe shortness of breath even at rest • Not able to do any activity because of breathing • Not able to sleep because of breathing • Fever or shaking shills • Chest pains • Coughing up blood | <ul style="list-style-type: none"> • Call 911 or seek medical care • While getting help, immediately do the following: <hr/> <hr/> <hr/> <hr/> |

| Additional Action Plan Steps Made with you and your Physician: |
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| |



JANUARY 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|---|----------|--------|----------|--------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | TRIGGERS TO WATCH FOR THIS MONTH: When going out into the cold air cover your nose and mouth with a scarf. Also, don't use any petroleum based products on the face and/or lips. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187. | | | | |


| Monthly Tally | |
|---|-------------|
| Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider | |
| | (Good) |
| | (Bad) |
| | (Emergency) |


FEBRUARY 2017


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|-------------|--|-------------|-------------|-------------|-------------|
| | | 1 G Y R | 2 G Y R | 3 G Y R | 4 G Y R | 5 G Y R |
| 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R | 11 G Y R | 12 G Y R |
| 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R | 18 G Y R | 19 G Y R |
| 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R | 25 G Y R | 26 G Y R |
| 27 G Y R | 28 G Y R | | | | | |
| | | TRIGGERS TO WATCH FOR THIS MONTH: It's Valentine's Day- Try to avoid strongly scented perfumes and candles they may trigger your COPD. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187. | | | | |

Monthly Tally

Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider




 (Good)

 (Bad)

 (Emergency)




MARCH 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------|-------------|-------------|-------------|-------------|-------------|
| | | 1 G Y R | 2 G Y R | 3 G Y R | 4 G Y R | 5 G Y R |
| 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R | 11 G Y R | 12 G Y R |
| 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R | 18 G Y R | 19 G Y R |
| 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R | 25 G Y R | 26 G Y R |
| 27 G Y R | 28 G Y R | 29 G Y R | 30 G Y R | 31 G Y R | | |
| <p>NOTES: Be sure to clear your Oxygen filter weekly and keep the mouthpiece of your inhalers clean by wiping them regularly with a moist cloth. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
| <p>Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider</p> |
| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |




APRIL 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | | | 1 G Y R | 2 G Y R |
| 3 G Y R | 4 G Y R | 5 G Y R | 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R |
| 10 G Y R | 11 G Y R | 12 G Y R | 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R |
| 17 G Y R | 18 G Y R | 19 G Y R | 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R |
| 24 G Y R | 25 G Y R | 26 G Y R | 27 G Y R | 28 G Y R | 29 G Y R | 30 G Y R |
| <p>NOTES: As trees and grasses begin to bloom pollen levels rise so keep the windows closed! Pollen levels are highest at night! Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
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| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |




MAY 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------|-------------|-------------|-------------|-------------|-------------|
| 1 G Y R | 2 G Y R | 3 G Y R | 4 G Y R | 5 G Y R | 6 G Y R | 7 G Y R |
| 8 G Y R | 9 G Y R | 10 G Y R | 11 G Y R | 12 G Y R | 13 G Y R | 14 G Y R |
| 15 G Y R | 16 G Y R | 17 G Y R | 18 G Y R | 19 G Y R | 20 G Y R | 21 G Y R |
| 22 G Y R | 23 G Y R | 24 G Y R | 25 G Y R | 26 G Y R | 27 G Y R | 28 G Y R |
| 29 G Y R | 30 G Y R | 31 G Y R | | | | |
| <p>NOTES: Don't forget to rinse your mouth with water and SPIT IT OUT after inhaler use. If you have dentures/partials rinse them off as well to avoid mouth sores. Better Breathers are alwas available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
| <p>Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider</p> |
| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |

JUNE 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | 1 G Y R | 2 G Y R | 3 G Y R | 4 G Y R |
| 5 G Y R | 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R | 11 G Y R |
| 12 G Y R | 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R | 18 G Y R |
| 19 G Y R | 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R | 25 G Y R |
| 26 G Y R | 27 G Y R | 28 G Y R | 29 G Y R | 30 G Y R | | |
| <p>NOTES: Never leave your inhaler or oxygen in a hot car or direct sunlight. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
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| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |

JULY 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|---|----------|--------|----------|--------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | NOTES: Pace yourself with outdoor activities during hot weather. Always have your rescue inhaler on hand and drink plenty of fluids. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187. | | | | |

Monthly Tally

Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider




(Good)

(Bad)

(Emergency)




AUGUST 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------|-------------|-------------|-------------|-------------|-------------|
| | 1 G Y R | 2 G Y R | 3 G Y R | 4 G Y R | 5 G Y R | 6 G Y R |
| 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R | 11 G Y R | 12 G Y R | 13 G Y R |
| 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R | 18 G Y R | 19 G Y R | 20 G Y R |
| 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R | 25 G Y R | 26 G Y R | 27 G Y R |
| 28 G Y R | 29 G Y R | 30 G Y R | 31 G Y R | | | |
| <p>NOTES: STOP SMOKING if you already haven't and try to avoid being around others' who may still smoke. IF you are using oxygen stay away from any open flames. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
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| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |




SEPTEMBER 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | | 1 G Y R | 2 G Y R | 3 G Y R |
| 4 G Y R | 5 G Y R | 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R |
| 11 G Y R | 12 G Y R | 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R |
| 18 G Y R | 19 G Y R | 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R |
| 25 G Y R | 26 G Y R | 27 G Y R | 28 G Y R | 29 G Y R | 30 G Y R | |
| <p>NOTES: Don't forget to get your FLU SHOT this month and check to see if you're up to date with PNEUMOVAX as well. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
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| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |




OCTOBER 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|-------------|--|-------------|-------------|-------------|-------------|
| | | | | | | 1 G Y R |
| 2 G Y R | 3 G Y R | 4 G Y R | 5 G Y R | 6 G Y R | 7 G Y R | 8 G Y R |
| 9 G Y R | 10 G Y R | 11 G Y R | 12 G Y R | 13 G Y R | 14 G Y R | 15 G Y R |
| 16 G Y R | 17 G Y R | 18 G Y R | 19 G Y R | 20 G Y R | 21 G Y R | 22 G Y R |
| 23 G Y R | 24 G Y R | 25 G Y R | 26 G Y R | 27 G Y R | 28 G Y R | 29 G Y R |
| 30 G Y R | 31 G Y R | NOTES: With the leaves falling mold and mildew levels are rising so close up those windows! Better Breathers are always available for additional support 401-444-9863 or 401-793-3187. | | | | |

| Monthly Tally |
|--|
| <p>Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider</p> |
|  (Good) |
|  (Bad) |
|  (Emergency) |




NOVEMBER 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------|-------------|-------------|-------------|-------------|-------------|
| | | 1 G Y R | 2 G Y R | 3 G Y R | 4 G Y R | 5 G Y R |
| 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R | 11 G Y R | 12 G Y R |
| 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R | 18 G Y R | 19 G Y R |
| 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R | 25 G Y R | 26 G Y R |
| 27 G Y R | 28 G Y R | 29 G Y R | 30 G Y R | | | |
| <p>NOTES: During the Holiday's PACE yourself. Let your family help you with food preparation and decorating. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
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| <p> (Good)</p> |
| <p> (Bad)</p> |
| <p> (Emergency)</p> |

DECEMBER 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | | 1 G Y R | 2 G Y R | 3 G Y R |
| 4 G Y R | 5 G Y R | 6 G Y R | 7 G Y R | 8 G Y R | 9 G Y R | 10 G Y R |
| 11 G Y R | 12 G Y R | 13 G Y R | 14 G Y R | 15 G Y R | 16 G Y R | 17 G Y R |
| 18 G Y R | 19 G Y R | 20 G Y R | 21 G Y R | 22 G Y R | 23 G Y R | 24 G Y R |
| 25 G Y R | 26 G Y R | 27 G Y R | 28 G Y R | 29 G Y R | 30 G Y R | 31 G Y R |
| <p>NOTES: Family time is such a blessing but ask them not to visit if they are not feeling well or have a cough so you don't catch a cold. If you do get sick make sure to finish all prescribed medications. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p> | | | | | | |

| Monthly Tally |
|--|
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|  (Good) |
|  (Bad) |
|  (Emergency) |

Reference Sheet

| Type | Name | Phone Numbers |
|----------------------------|------|---------------|
| Primary Care Physician: | | |
| Pulmonologist: | | |
| Cardiologist: | | |
| Other Important Physician: | | |
| Other Important Physician: | | |
| Other Important Physician: | | |
| Pharmacy: | | |
| | | |
| Local Hospital: | | |
| Local ER: | | |
| Home Health Agency: | | |
| Other: | | |
| Other: | | |

| Better Breathers Club | |
|-----------------------|---|
| Contact Name | Angela Butler or Robert Goodwin |
| Email | abutler2@lifespan.org ; rgoodwin@lifespan.org |
| Phone | 401-444-9863, or 401-793-3187 |
| Address | Miriam Hospital Hurvitz 2 Conference Room 164 Summit Ave, Providence |
| Meeting Schedule | First Thursday of Each Month, 3:00-4:00 PM, beginning January 5, 2017 |

| American Lung Association | |
|---------------------------|--|
| Website | www.lung.org/about-us/lung-helpline.html |
| Email | info@lungne.org |
| Phone | 1 - 800 - LUNGUSA (1 - 800 - 586 - 4872) |
| What they do: | Registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors make up our helpline staff. They are ready to assist with your lung health questions. Get detailed and accurate information about lung cancer, asthma, COPD, quitting tobacco and multiple other lung health topics. |

| Medications List |
|------------------|
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |
| 6 |
| 7 |
| 8 |

