

Afección Pulmonar Obstructiva Crónica Herramienta de Zona y un Plan de Acción

"Me siento muy bien hoy"

Zona Verde: Buena Respiracion	Actividades
<ul style="list-style-type: none"> • Actividad Usual y Nivel de ejercicio • cantidad usual de tos Flemas/ Mucosidad • Dormir bien por las noches • Buen apetito 	<ul style="list-style-type: none"> • Tomar Medicinas Diarias • Utilizar el oxigeno como se le prescribio • Continuar el ejercicio y plan de dieta regular • Todo el tiempo evite fumar cigarrillos o irritantes inhalados

"Tengo un mal dia"

Zona Amarilla: Mala Respiracion	Actividades
<ul style="list-style-type: none"> • Mas aliento que de costumbre • Tengo menos energia para mis actividades diarias • Uso un inhalador rapido alivio o nebulizador mas seguido • Hinchazon de tobillos mas de lo habitual • Mas tos de lo habitual • Me siento como si tuviera un Resfriado • Poco sueño y los sintomas me despiertan • Mi apetito no es bueno • Mi medicina no me esta ayudando 	<ul style="list-style-type: none"> • Continuar con la medicacion diaria • Usar un Inhalador rapido alivio cada ___ horas • Iniciar un Corticosteroide oral (especificar nombre, dosis, duracion) nombre:_____ Dosis:_____ Duración;____ • Iniciar un antibiotico (especificar nombre, dosis, duración) nombre:_____ Dosis:_____ Duración;____ • Usar el oxigeno como se le prescribio • Descansar lo suficiente • Utilizar respiracion con los labios fruncidos • Todo el tiempo evite fumar cigarrillos o irritantes inhalados • llama a tu proveedor inmediatamente si los sintomas no mejoran • Si tu no tienes un asistente de Enfermeria Llama • A la agencia de enfermeria #: _____

"Necesito urgentemente cuidado medico"

Zona Roja: Emergencia al Respirar	Actividades
<ul style="list-style-type: none"> • Difilcuta respiratoria grave incluso cuando esta descansando • No puede de hacer alguna actividad debido a la respiracion • No puede dormir debido a la respiracion • Calentura, Fiebre o Escalofrios • Dolor de pecho • Tos con Sangre 	<ul style="list-style-type: none"> • Llamar al 911 o busca cuidado medico • Mientras espera por ayuda, inmediatamente haga lo siguiente: <hr/> <hr/> <hr/> <hr/>

Pasos adicionales del plan de accion elaborados con usted y su medico:



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 alwas 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>						

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<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>						

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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			
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.						

Monthly Tally
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 (Good)
 (Bad)
 (Emergency)




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>						

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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>						

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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
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.						

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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

