

Patient Information

CHECK YOUR COPD ZONE DAILY!

Doctor's Name: _____




Next Appointment: _____

Doctor's Phone: _____

Weight: _____

Which COPD zone are you today?

Green, yellow, or red zones show symptoms of COPD. This list of symptoms is not comprehensive, and you may have experience other or additional symptoms. Use this zone sheet as a guide.

<p>GREEN ZONE</p>  <p>KEEP UP THE GOOD WORK!</p>	<p>This zone is my goal. I am doing well today:</p> <ul style="list-style-type: none"> • Usual activity and exercise level • Usual amounts of cough and phlegm/mucus • Sleeping well at night • Appetite is good 	<p>GREEN ZONE MEANS:</p> <ul style="list-style-type: none"> • Continue medications as ordered • Use oxygen as prescribed • Continue regular exercise and diet plan • At all times avoid cigarette smoke and/or inhaled irritants
<p>YELLOW ZONE</p>  <p>CALL MY DOCTOR.</p>	<p>This zone is a warning. Call my doctor or nurse if I have any of these signs:</p> <ul style="list-style-type: none"> • More breathless than usual • I have less energy for my daily activities • Increased or thicker phlegm/ mucus • Using quick relief inhaler/nebulizer more often • Swelling in ankles more than usual • More cough than usual • I feel like "I have a cold" • Poor sleep and symptoms woke me up • My appetite is not as good • My Medicine is not helping 	<p>YELLOW ZONE MEANS: Call my doctor.</p> <ul style="list-style-type: none"> • My COPD is not stable • Continue daily medications • Use quick relief inhaler as prescribed • Use Oxygen as prescribed • Start corticosteroids as ordered • Start antibiotics as ordered • Get plenty of rest • Use pursed lip breathing • At all times avoid cigarette smoke, inhaled irritants • Call your doctor again if symptoms do not improve
<p>RED ZONE</p>  <p>CALL 911</p>	<p>EMERGENCY! Call 911 or go to the emergency room if I have any of these signs:</p> <ul style="list-style-type: none"> • Severe Shortness of breath-even at rest • Not able to do any activity because of breathing problems • Not able to sleep because of breathing problems • Fever or shaking/ chills • Feeling confused or drowsy • Chest pains • Coughing up blood 	<p>RED ZONE MEANS: You need to call 911 now!</p> 