Feeling your usual self

- I can do my usual daily activities
- Taking usual medicines
- Sleeping as usual
- Usual amount of phlegm

**ACTION:** Continue taking your usual medicines as listed below.

Annual Influenza Immunisation - Date: __________________________
Last Pneumococcal Immunisation - Date: __________________________

<table>
<thead>
<tr>
<th>My usual medicines</th>
<th>Colour of device</th>
<th>How many puffs or tablets</th>
<th>How often</th>
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Oxygen: Yes/No  Setting or l/min  hrs/day

Feeling harder to breathe/Feeling sick

**FEELING HARDER TO BREATHE THAN USUAL**
- More phlegm or thicker than usual
- More coughing
- Loss of appetite
- Not sleeping well
- Not much energy

**ACTION:** Follow plan below for extra medicines. Plan your day, get rest, relax, use breathing techniques, huff and cough to clear phlegm as required.

<table>
<thead>
<tr>
<th>My extra medicine</th>
<th>Colour of device</th>
<th>How many puffs or tablets</th>
<th>How often</th>
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**FEELING SICK**
- Taking reliever medicine 3-4 hourly, but not getting adequate relief

**ACTION:** Start taking prednisolone.
Contact your Health Worker/Nurse or Doctor.

<table>
<thead>
<tr>
<th>Prednisolone*</th>
<th>Tablets each day</th>
<th>No. of days</th>
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</table>

**Antibiotics* | Tablets each day | No. of days |
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</table>

* GP to fill in if prescribed.

Not feeling good (trouble breathing and/or wheezing)

- Difficulty sleeping/woken easily
- Blood in your phlegm
- Swollen ankles
**ACTION:** Contact Doctor

- Very short of breath at rest
- Confused, slurring of speech
**CAUTION! Ambulance/Paramedics:** Oxygen supplementation to maintain SpO2 92% max (exceeding 92% risks hypercapnia)

- High fever
- Drowsy
- Chest pain
- Afraid/scared
**ACTION:** Phone an Ambulance 000
Show them this plan.
Things to talk about with the Health Worker, Nurse or Doctor

Know your baseline...

**Relievers**

- **SABA**
  - Ventolin® MDI
  - Asmo® MDI
  - #Airomir™ MDI
  - Airomir™ Autohaler®
  - Bricanyl® Turbuhaler®

- **SAMA**
  - Arovent® MDI

**Maintenance**

- **LAMA/LABA**
  - Ulitbro Breezhaler®
  - Spiotto® Respimat®
  - Anoro® Ellipta®
  - Brimica® Genuair®
  - Foradile® Aerolizer®
  - Oxis® Turbuhaler®
  - Oxis® Respimat®

- **LAMA**
  - Spiriva® HandiHaler®
  - Spiriva® Respimat®

- **ICS/LABA**
  - Incure® Ellipta®
  - Breo® Ellipta®

- **ICS** (for patients with COPD and Asthma)
  - *Flixotide® MDI

- **LABA**
  - Seretide® Accuhaler®

- **ICS/LABA**
  - *Symbicort® Raphiher™

- **ICS (For patients with COPD and Asthma)**
  - *Pulmicort® Turbuhaler®

Notes:
- HandiHaler, Breezhaler and Aerolizer devices require a capsule to be loaded into the device. All other devices are preloaded.
- Spacers are recommended to be used with metered dose inhalers (MDI).
- ICS monotherapy is not indicated for COPD without asthma.
- #Not PBS listed
- *PBS listed for asthma only

**What you do to stay well**
- Don’t smoke
- Check your inhaler technique regularly
- Walk daily/keep active
- Attend lung rehab
- Get flu and pneumonia immunisations

**RESOURCES:** For patient resources please contact:
Lung Foundation Australia | 1800 654 301 | www.lungfoundation.com.au

Your nearest Support Group contact person: __________________________

Your nearest Pulmonary Rehabilitation Program: __________________________

Your nearest Lungs in Action class: __________________________