

My COPD Action Plan

These are the main things that help you look after your COPD and stay well. Please **tick** the boxes that apply to you and talk to your COPD nurse or doctor about your answers.

1. Diagnosis (finding out you have COPD)

☐ I have had a breathing test (called *spirometry*) to confirm I have COPD.

2. Understanding COPD

☐ I understand what COPD is and how it affects me.

☐ I know where to get advice and information.

3. Managing flare-ups (when my COPD gets worse)

☐ I have a written plan to help me look after my COPD.

☐ I know the signs that my COPD is getting worse and what I should do.

☐ I know that treating flare-ups is important, but using too many steroids or antibiotics can be harmful.

☐ I have talked with my COPD team about whether a “rescue pack” (medicine to keep at home for flare-ups) is right for me.

4. Vaccinations (protective jabs)

☐ I get my flu jab every year, and I know I can ask my GP, nurse, or pharmacist if I'm not invited.

☐ I get my COVID and RSV jabs if they are offered.

☐ I have had my one-off pneumonia jab.

5. Smoking

☐ I used to smoke but have now stopped.

☐ I am trying to stop smoking and getting help or using medicines.

☐ I would like help to stop smoking.

☐ I still smoke and am not ready to stop.

I smoke:

a) vape ☐

b) other substances (please list): _____

6. Staying active and healthy

- ☐ I have been given advice about staying active.
- ☐ I have been offered *pulmonary rehabilitation* (an exercise and learning class for COPD).
- ☐ I have been given information about healthy eating for COPD.

7. Medicines and inhalers

- ☐ I know what my COPD medicines are for and how to take them.
- ☐ My doctor, nurse, or pharmacist has checked how I use my inhaler.
- ☐ I feel confident using my inhalers and they work well for me.

8. Other health checks

I have been checked for:

- ☐ Heart problems (like heart failure or angina).
- ☐ Anxiety or depression.
- ☐ Weak bones (osteoporosis).

9. Regular COPD reviews

- ☐ I have a yearly COPD review with my GP or nurse to talk about my treatment and progress.
- ☐ If I have three or more flare-ups in a year, I know to ask for another review with my COPD team.

What matters most to me

Please **circle** the three areas you most want to talk about at your next COPD check-up.

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