

My Action Plan for Lung Disease

Name _____ Date _____

Please bring this plan and a list of your medicines to each health provider or emergency room visit.

Things I will do each day

- Be active and walk each day. Get up and do things.
- Use oxygen as my doctor told me. Check my oxygen to make sure it is working.
- _____
- _____
- Take my medicine the way my provider and I discussed, even when I feel good.
- Go to all of my health appointments.
- Eat healthy foods, low in sodium (salt), saturated and trans fats, and not add salt to my food.
- Do not smoke and stay away from smoky places and smells that make it hard to breathe.

I feel normal for me

- My breathing is normal for me.
- My mucus has not changed.
- My mucus is easy to cough up and it is normal color for me.
- I do my normal things.
- My eating and sleeping are normal for me.
- My thoughts are clear.

CAUTION – I need to take action

I FEEL WORSE

- I am breathing worse today. I am wheezing or coughing.
- I am using my quick relief, fast-acting inhaler or nebulizer more often.
- I have trouble breathing when lying down.
- I feel like I have a chest cold.
- My mucus has changed in color or amount.
- My mucus is hard to cough up.
- I feel more tired and have less energy.
- I have trouble eating or sleeping.
- I have a fever (over 100°F) or chills.
- I have gained or lost weight without trying.

ACTION

1. I will check my oxygen to make sure it is working.
2. I will use my quick relief, fast-acting inhaler or nebulizer the way my health provider and I discussed.
3. I will check to make sure I took all of my medicines.
4. I will start other medicine as planned

5. I will use breathing exercises, like pursed-lip breathing, to help me breathe.
6. I will do things that help me rest and relax.
7. If I do not feel better immediately, I will call my **health provider**:

Name: _____

Phone: _____

DANGER – I will take action immediately

I FEEL MUCH WORSE

- I feel like I cannot breathe and my medicine is not helping.
- I have chest pain.
- I feel like I am going to faint.
- My lips or fingers are blue.
- I feel very sleepy or I cannot think clearly.
- I have a lot of trouble walking and talking due to my breathing.

ACTION – I will CALL 911

I will get help right away.

I **WILL NOT** drive myself or have a friend or family member drive me to the hospital.

I will use my quick relief, fast-acting inhaler or nebulizer the way my health provider and I discussed.



UnityPoint Health