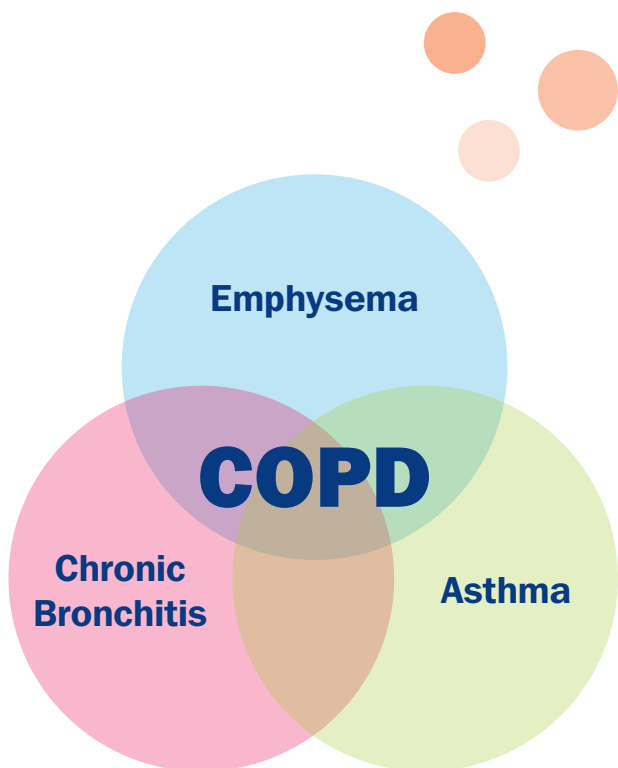


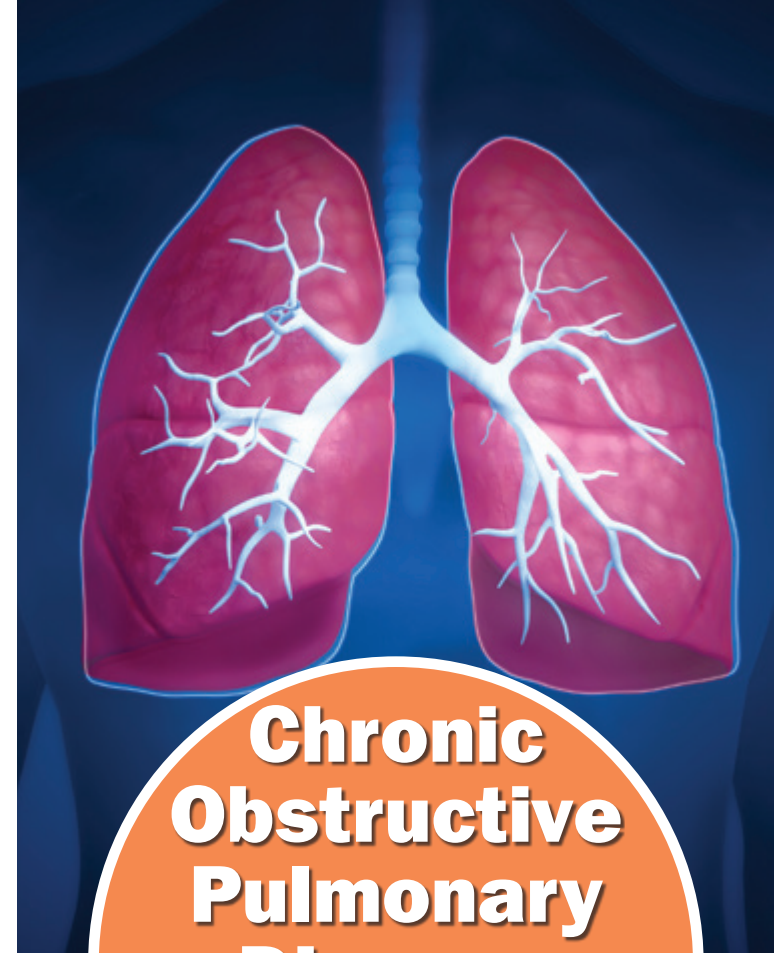
Tips for using spacer with MDI

- Shake the puffer/inhaler 3 – 4 times
- Remove cap and fit the inhaler/puffer into the portal end of the spacer
- Ensure a good seal is made by your mouth around the mouthpiece
- Press the top of the puffer/inhaler **ONCE**
- Use one puff of inhaler to six normal breaths
- Repeat above for any subsequent puffs
- Wash spacer weekly, do not rinse or dry



For further information please contact your local asthma society

My GP Contact Information:



Chronic Obstructive Pulmonary Disease

Management
Action Plan for adults
with COPD



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COPD Action Plan

How I feel:

I feel well:

- I am breathing without shortness of breath
- I am able to do what I need to do and what I want to do
- Mucous is easy to cough up
- I am sleeping well
- I am able to exercise as directed by my GP

What I should do:

- Continue regular exercise and diet plan
- Avoid cigarette smoke and other inhaled irritants
- Continue drinking regular fluids to keep mucous thin
- Have regular GP review

What medication do I take?

- Short acting relievers: _____
- Preventer: _____
- Long acting relievers _____
- Combination: _____
- Oxygen: _____ L/min

I have concerning symptoms:

- I have increased shortness of breath with usual activity
- I have increased amount of sputum and am coughing more than normal
- Sputum changes from normal colour to yellow, green or rust colour and is thicker
- I have increased wheezing
- I have noticed changes in my mood

- Call your GP to review your condition or make an appointment
- Use pursed lip breathing and relaxation techniques
- Huff, cough and clear sputum frequently
- Get plenty of rest

- Continue daily meds as above
- Start Prednisone _____
- Use reliever medication every _____ hours either by inhaler or nebulizer
- Start antibiotics _____
- Increase oxygen to: _____ L/min

Emergency:

- I have severe shortness of breath or shortness of breath at rest
- I have chest pain that doesn't go away
- My lips or fingernails have turned grey or blue
- I feel unusually sleepy or confused
- I am using an increased amount of reliever medicine

Take Action!
**Call 111 or go to
emergency department**
Call your doctor

**Continue with
reliever inhaler until
help arrives**