

Living well with COPD

Your **COPD Action Plan**:

- outlines the early signs and symptoms of a flare up or worsening of symptoms.
- outlines the best course of treatment in a flare up or when symptoms are worsening.
- provides a written plan on what actions to take to help manage a flare up early.
- will be reviewed with your doctor each year and after a flare-up.
- will provide you with the name and number of a contact person at your Doctor's office to call when your symptoms worsen.



GP Management Plan and yearly doctor meetings

So you have an organised approach to your COPD care, your doctor will use a **GP Management Plan**. Your Plan will list your health goals, and your COPD health care needs. Your doctor will also give you a **COPD Action Plan** to help control your illness.

Without regular checks, your COPD illness can get worse and then affect how well you feel. Some checks will happen every four months, and others just once every year.

The staff at your doctor's office can do most of the checks, but you may also be referred to other health professionals such as a dietician, breathing specialist, or exercise physiologist.

Use this booklet to keep track of your regular COPD checks.

GP Details:



My COPD yearly doctor meetings record

Use the back of this flyer to keep track of your COPD checks over the next 12 months.

Your Doctor and Practice Nurse will support you with these regular checks. Attending the regular check ups may reduce your risk of COPD-related complications.

Name

Bring this record to your appointment.



Description of each check	1st Health Check DATE / /	2nd Health Check DATE / /	3rd Health Check DATE / /
Check my inhaler technique and my prescribed medications			
Check in on smoking status.			
Pulse oximetry			
Measure blood pressure			
Measure waist, weight and height and calculate Body Mass Index (BMI)			
How am I feeling about my COPD? Check on my emotional health and wellbeing			
Discuss my physical activity. Am I active each day?			
Check my COPD Action Plan and my understanding of my symptom control measures			
Check my lung function by doing a spirometry test		NA	NA
Speak to my GP about whether a bone density test is required		NA	NA
Have I had my vaccinations?		NA	NA
Influenza		NA	NA
COVID		NA	NA
Pneumonia		NA	NA
Shingles		NA	NA
Consider Pertussis		NA	NA
Discuss sleeping patterns		NA	NA
Review my COPD Action Plan		NA	NA

ADDITIONAL NOTES:
