

# COPD Caregiver Action Plan

## Resident Feels Well

### Usual symptoms and activity level

- Feels short of breath when: \_\_\_\_\_
- Coughs up sputum daily.  No  Yes, colour: \_\_\_\_\_
- Coughs regularly.  No  Yes
- Sleeps, eats well and does usual activities and exercises

### Actions to take

Verify that the resident takes medications properly. Educate on general respiratory health (pursed lips breathing, best posture for dyspnea control, relaxation, exercise etc.)

## Resident Feels Unwell or Worse

### Symptoms change

- Increased shortness of breath, increased coughing and/or new wheezing
- Change in sputum (color, quantity, consistency)
- Reduced activity levels

### Actions to take

- Measure vital signs. Check oxygen saturation. Check correct use of oxygen
- Encourage pursed lips breathing, relaxation, best posture for dyspnea control, energy conservation, coughing or huffing techniques
- Exercise as tolerated (symptom tolerance)

### Additional treatment plan (physician approved)

- Increased shortness of breath → Give rescue medication (bronchodilators)
- If breathing symptoms do not improve → Give Prednisone
- If there is a change in sputum colour → Give Antibiotics

## Resident is Still Unwell or Worse After 48hrs

### Symptoms

Increase in shortness of breath, feeling very unwell, not responding to treatment, drowsy or confused

### Actions to take

- Measure vital signs and oxygen saturation
- Encourage pursed lips breathing, relaxation, best posture for dyspnea control, energy conservation, coughing or huffing techniques
- Call the healthcare contact (name and phone number): \_\_\_\_\_
- Send resident to emergency