

## Core Clinical Guidelines (For Factual Foundation)

These documents provide the evidence-based medical foundation for COPD management. They are dense but essential for ensuring your agent's advice is accurate.

- **GOLD 2024 Global Strategy Report:** This is the international gold standard for COPD diagnosis, management, and prevention. It's a comprehensive document used by healthcare professionals worldwide.[\[1\]](#)[\[2\]](#)[\[3\]](#)[\[4\]](#)[\[5\]](#)
- **VA/DoD Clinical Practice Guideline for COPD:** A detailed guideline from the U.S. Departments of Veterans Affairs and Defense, offering robust, evidence-based recommendations.[\[6\]](#)

## Patient-Facing Guides and Handbooks (For Coaching Content)

These are written in plain language and are ideal for generating conversational, easy-to-understand advice.

- **Living Well with COPD (European Lung Foundation):** A comprehensive guide covering what COPD is, its causes, and how to manage symptoms and exacerbations.[\[7\]](#)
- **A Guide for Patients and Families (American Thoracic Society):** Explains COPD, treatments, lifestyle changes, and includes tips for caregivers.[\[8\]](#)
- **Living Better with COPD (Respiratory Health Association):** A quick reference guide on managing the disease and tips for a better quality of life.[\[9\]](#)
- **Being Healthy with COPD (Living Well with COPD Program):** A self-management guide created by medical experts in collaboration with patients, focusing on skills to manage the disease and adopt healthy behaviors.[\[10\]](#)[\[11\]](#)

## Action Plans (For Specific, Actionable Advice)

Action plans are critical for helping patients recognize worsening symptoms and take specific steps. These are perfect for your agent to reference when a user reports a "bad day."

- **My COPD Action Plan (American Lung Association):** A clear, color-coded (Green, Yellow, Red zone) template that helps patients and doctors create a personalized plan for managing flare-ups.[\[12\]](#)[\[13\]](#)
- **COPD Action Plan (Asthma and Respiratory Foundation NZ):** A self-management plan to be completed with a healthcare provider, detailing how to manage deteriorating symptoms.[\[14\]](#)

- **My COPD Action and Management Plan (Canadian Lung Association):** A personalized worksheet listing steps to take depending on how the patient is feeling.[15]

### Topical Resources (For Answering Specific Questions)

These resources are great for providing detailed coaching on specific aspects of living with COPD.

- **Preventing COPD Exacerbations (Cleveland Clinic & American Thoracic Society):** Articles that provide clear, actionable steps patients can take to avoid flare-ups, which is a core coaching function.[16][17]
- **Pulmonary Rehabilitation Resources (NHLBI & American Lung Association):** Guides explaining pulmonary rehab, which combines education and exercise. Your agent can use this to explain the benefits and encourage participation.[18][19][20]
- **COPD360coach (COPD Foundation):** This document explains the concept and benefits of peer health coaching, which can inform the tone and style of your agent's interactions.[21]
- **Patient Education Materials (NIH/NHLBI):** A collection of factsheets and handouts on various COPD topics, from understanding risk to using inhalers correctly.[18][22][23]

### Sources

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