

COPD emergency action plan

Patient details

Clinic number :

Surname :

Given names :

Date of birth :

Gender :

Emergency pack contents - Prednisolone

- Antibiotics

Action plan for shortness of breath

If you:

- Are unable to do your usual activities due to shortness of breath or
- Wake up more than usual overnight with a cough or from increased shortness of breath or

Have used more doses of your reliever medication in the last 12-24 hours



Start Prednisolone

Taketablets once a day.

Go to your doctor within one or two days.

Continue to take prednisolone until reviewed by your doctor.

Continue to use inhaled reliever medication (.....) every 4-6 hours via spacer.

Action plan for chest infection

If your sputum:

- Changes colour (especially to yellow or green) and persists for at least two days or
- Become thick or sticky or increase in amount or
- If you develop fever or chills



Start Antibiotics

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Taketablet / capsulea day

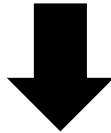
Go to your doctor within one or two days.

Always complete the whole antibiotics course unless advised otherwise by your doctor.

Danger Signs

If you experience any of the following:

- SOB at rest or inability to dress or bathe yourself
- Chest pain or tightness
- High fever or chills that persist after starting antibiotics
- A feeling of agitation, fear, drowsing or confusion
- Coughing up blood



- Ambulance / Hospital Emergency immediately
- Use reliever till arrive at hospital
- Show the doctors this plan and say you have started using the emergency pack