



Management of Respiratory Infections



Action Plan Part I



Action Plan

- Contact List
- I feel well
- I feel worse
- I feel much worse
- I am in danger



Benefits

- Recognize your everyday symptoms
- List your regular daily activities
- List your regular daily medications
- Recognize increased symptoms and the aggregating factors
- Techniques to prevent worsening of symptoms
- Start early to prevent further loss of lung function

Contact List

1. Start by creating your Contact List

Have phone numbers of your contacts close at hand

These are the key people that you should call when you have a problem with your symptoms and treatment



Living Well **COPD**TM
with
Chronic Obstructive Pulmonary Disease
A plan of action for life

Plan of Action

My name is: _____

Contact List

Service	Name	Phone Number
Respirologist		
Family Physician		
Resource Person		
Pharmacist		

I Feel Well

To remain well, use your Plan of Action to monitor your everyday symptoms:

1. Write your NORMAL level of shortness of breath and types of activities that make you short of breath as well as any triggers to your shortness of breath

I Feel Well

My Usual Symptoms			
• I feel short of breath: _____ • I cough up sputum daily. ☐ No ☐ Yes, colour: _____ • I cough regularly. ☐ No ☐ Yes			
My Actions			
• I sleep and eat well, I do my usual activities and exercises _____			
My Regular Treatment is:			
Medication	Dose	Puffs/pills	Frequency

I Feel Well

To remain well, use your Plan of Action to monitor your everyday symptoms:

2. Do cough up sputum or mucus?

- What are the characteristics of your mucus?
- Color, Volume and Consistency

3. Do you have a cough as part of your regular symptoms?

I Feel Well

My Usual Symptoms

- I feel short of breath: _____
- I cough up sputum daily. ☐ No ☐ Yes, colour: _____
- I cough regularly. ☐ No ☐ Yes

My Actions

- I sleep and eat well, I do my usual activities and exercises

My Regular Treatment is:

Medication	Dose	Puffs/pills	Frequency

Risk Factors & Prevention Strategies

- Not taking care of your health
 - Live a healthy lifestyle
 - Quit smoking
 - Exercise, eat well & sleep well
 - Take your medications
 - Avoid aggravating factors
 - Get your influenza vaccine
 - Ask your physician about a pneumonia vaccine

Risk Factors & Prevention Strategies

- Being in contact with a person that has a respiratory infection (cold, flu or bronchitis)
 - Avoid people who are sick when possible
- Not washing your hands properly
 - Wash your hands well & often
- Using a humidifier without proper maintenance
 - Ensure your humidifier is cleaned regularly

Symptom Changes

Increased Shortness of Breath

- More short of breath than usual especially with normal activity

Changes in Mucous (Sputum)

- Color: Mucous may become yellow, green or sometimes just darker
- Volume: More mucous than usual
- Consistency: Thicker mucous than usual

Treatment of a Flare-up

*Start treatment within 48 hours

Changes in mucous

- Yellow or green mucous indicates bacterial infections and you may require antibiotics
- Changes in volume & consistency should be discussed by your physician

Increased Shortness of Breath

- Use your reliever inhaler
- If no relief, you may require Prednisone

Managing a Flare-up

- Recognize your symptoms & take action within 48 hours
- Take the additional medication prescribed by your physician
- Avoid things that aggravate your symptoms
- Use your breathing, posture and energy conserving techniques
- Notify your support person

I Feel Worse

In this section, you will find the list of symptoms you need to look for. These symptoms will indicate the presence of a respiratory infection.

I Feel Worse

Changes in my symptoms

- Changes in my sputum (colour, volume, consistency)
- More shortness of breath than usual

Note that these changes may happen after a cold or flu-like illness and/or sore throat

Follow your Action Plan

Look at your Shortness of breath.
If you have more shortness of breath than usual:

1. Try to increase **your Reliever** medication prescribed by your physician.
2. If after increasing your Reliever, your shortness of breath does not improve you need to start your **Prednisone** treatment prescribed by your physician

- I increase my reliever (BRONCHODILATOR) if I am MORE SHORT OF BREATH than usual.

Bronchodilator	Dose	Number of Puffs	Frequency/days
Comments:			

- I start my PREDNISONE if the worsening of my SHORTNESS OF BREATH persists for 48 hours. I have more difficulty doing my usual activities.

Prednisone	Dose	Number of Pills	Frequency/days
Comments:			

Do not wait more than 48 hours to start your medications

Follow your Action Plan

Observe the changes in your sputum
(colour, volume and consistency)

- If the colour becomes **yellow or green**, you may have a bacterial infection and need to start your **Antibiotic** as prescribed
- For other changes (volume or consistency), discuss with your physician or pharmacist

• I start my ANTIBIOTIC if my SPUTUM becomes

I check my sputum colour and volume (not only in the morning).

I do not wait more than 48 hours to start my antibiotic.

Antibiotic	Dose	Number of Pills	Frequency/days

Comments:

Do not wait more than 48 hours to start your antibiotic

I Feel Much Worse

Are your symptoms getting worse despite taking your additional treatment?

Call your contact person.
See your physician, or go to a walk-in clinic or hospital emergency department

I Feel Much Worse

My Symptoms	My Actions
• My symptoms get worse. • After 48 hours of treatment my symptoms are not better.	• I call my contact person. • After 5 pm or on the weekend, I go to the hospital emergency department.

See a doctor the same day if your symptoms have not improved after 48 hours of your additional treatment (antibiotics or prednisone)

I Feel I am in Danger

I Feel I am in Danger

My Symptoms	My Actions
In any situation if: • I am extremely short of breath • I am confused and/or drowsy • I have chest pain	• I dial 911 for an ambulance to take me to the hospital emergency department.

These are symptoms that indicate an emergency situation, call 911 if you have these symptoms.



Summary

- Using your Action Plan will help you manage your disease when symptoms increase
- Using techniques to avoid respiratory infections can help you prevent illness
- Knowing the signs and symptoms of a respiratory infection can help you start medical treatment early and prevent progression of your lung disease

Take Home Activities



Develop an Action Plan with the help of your health care providers and physician

1. Write down your symptoms, actions and medications for days that you feel well
2. Discuss and complete the Action Plan with your health care provider