

Self Management Plan for Chronic Obstruction Pulmonary Disease

Green Zone = “All Clear”

Your Normal Weight _____

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- No decrease in your ability to maintain normal activity level



Green Zone Means:

- Your symptoms are under control
- Continue taking your medications
- Follow low salt diet
- Keep physician appointments

Yellow Zone = “Caution”

If you have any of the following signs or symptoms:

- Sputum (phlegm) that increases in amount of color or becomes thicker than usual
- Increased cough or increased wheezing even after you take your medicine and it has time to work
- Increased swelling of ankles and / or feet
- Increased shortness of breath with activity
- Weight loss or gain of 3 lbs
- Fever of 100.5 F oral or 99.5 F under your arm
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you



Yellow Zone Means:

- Add “Quick Relief Medicine” _____
- Your symptoms may indicate that you need an adjustment in your medications
- Call your Home Health Nurse or your physician

Your Agency
24 hr. phone #'s:

Primary MD: _____
Number: _____

(Please notify the Home Health Nurse if you contact or go see your MD)

Call your Home Health Nurse and/or physician if you are in the YELLOW ZONE

RED ZONE = “Medical Alert”

- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Increased and/or irregular heart beat
- Change in the color of your skin, nail beds or lips to gray or blue
- Mental changes
- Chest Pain or pain that worsens when you breathe or cough



Red Zone Means:

This indicates that you need to be evaluated by a physician right away

Primary MD: _____
Number: _____

Your Agency
24 hr. phone #'s:

Call your physician and/or Home Health Nurse if you are in the RED ZONE

(Please have your family notify the Home Health Nurse if you go to the emergency room or are hospitalized)