

COPD Self-Management Action Plan

How do I monitor my COPD symptoms?

Symptoms for worsening COPD include:

- Increased cough
- Chest tightness, feeling as though you are coming down with a cold
- Wheezing
- Increased shortness of breath
- Increase sputum with change in color and/or consistency
- Fever or chills
- Increased fatigue, poor sleep due to symptoms
- Decreased appetite
- Decreased energy for daily activities
- Needing to use rescue inhaler or nebulizer more often

What is my COPD Action Plan?

- Contact your health care provider as soon as possible.
- Use rescue inhaler or nebulizer medications every 4-6 hours as prescribed.
- Continue other daily medications.
- Use pursed lip breathing.
- Get plenty of rest.
- Drink 6-8 glasses of water per day to help loosen sputum.

How do I contact my Care Navigator?

If you would like to discuss your COPD Self-Management Action Plan, please contact your Care Navigator:

- General Medicine: 734-998-2020

- Family Medicine: 734-539-5000
- Med Peds: 734-647-5670
- Geriatrics: 734-764-6831

If you are calling after hours, need to discuss symptoms, or your concern is urgent, please call the appropriate number from the list above and select the “symptom” prompt to speak with a triage nurse. This nurse line is open to assist you with symptoms 24 hours a day, 7 days a week, 365 days a year.

If at any time you feel that your symptoms are severe, please call 911 or go to your local ER.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Reviewers: UMMG Best Practice Committee and Nursing Supervisor for Care Navigation group

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised: 12/2022