

## Doença de Obstrução Pulmonar Crônica Ferramenta Zona & Plano de Acção

### "Eu estou fazendo bem hoje!"

Zona Verde: Bom dia Respiracao	Acoes:
<ul style="list-style-type: none"> <li>• Atividade habitual e nivel exercise</li> <li>• Quantidades habituais de tosse e catarro/muco</li> <li>• Dormir bem a noite</li> <li>• Appetite e bom</li> </ul>	<ul style="list-style-type: none"> <li>• Tomar medicamentos diarios</li> <li>• Usar o oxigenio como prescrito</li> <li>• Continuar exercise plano regular/dieta</li> <li>• Em todos os momentos evitar fumaca de cigarro, inalado irritantes</li> </ul>

### "Estou tendo um mau dia ou um alargamento doenca de obstrução pulmonar crônica"

Zona Amarela: Dia Respiracao Ruim	Acoes:
<ul style="list-style-type: none"> <li>• Mais folego do que o habitual</li> <li>• Tenho menos energia para minhas atividades diarias</li> <li>• Usando rapido alivio inalador/nebulizador com mais frequencia</li> <li>• Inchaco dos tornozelos mais do que o habitual</li> <li>• Tosse mais do que o habitual</li> <li>• Eu sinto que eu tenho um "peito frio"</li> <li>• Sono e meus sintomas me acordou</li> <li>• Meu apetite nao e bom</li> <li>• O meu medicamento nao esta me ajudar</li> </ul>	<ul style="list-style-type: none"> <li>• Continuar medicacao diaria</li> <li>• Usar inalador de alivio rapido a cada__ horas</li> <li>• Iniciar um corticosteroide (especificar o nome, faz, e duracao Nome: _____ Dose: _____ Duracao: _____)</li> <li>• Iniciar um antibiotico (especificar nome, dose, duracao) Nome: _____ Dose: _____ Duracao: _____)</li> <li>• Usar o oxigenio como prescrito</li> <li>• Descanse bastante</li> <li>• Usar a respiracao labio franziu</li> <li>• Em todos os momentos evitar fumaca de cigarro, irritantes inalados</li> <li>• Chama fornecedor imediatamente se os sintomas nao melhorarem</li> <li>• Se voce tiver uma enfermeira de visita ligue para a agencia de atendimento</li> <li>• Agencia de saude numero de telefone # _____</li> </ul>

### "Eu preciso assistencia medica urgente!"

Zona Vermelha: Dia Respiracao de Emergencia	Acoes:
<ul style="list-style-type: none"> <li>• Falta de ar mesmo em repouso</li> <li>• Nao e capaz de fazer qualquer atividade por causa da respiracao</li> <li>• Nao poder dormir por causa da respiracao</li> <li>• Febre ou calafrios</li> <li>• Dores no peito</li> <li>• Tosse com sangue</li> </ul>	<ul style="list-style-type: none"> <li>• Ligue para o 911 ou procurar cuidados medicos</li> <li>• Enquanto a obtencao de ajuda imediatamente faca o seguinte: _____ _____ _____</li> </ul>

Plano de accao adicional para feito com voce e seu medico:



# JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 
2 	3 	4 	5 	6 	7 	8 
9 	10 	11 	12 	13 	14 	15 
16 	17 	18 	19 	20 	21 	22 
23 	24 	25 	26 	27 	28 	29 
30 	31 	<b>TRIGGERS TO WATCH FOR THIS MONTH:</b> When going out into the cold air cover your nose and mouth with a scarf. Also, don't use any petroleum based products on the face and/or lips. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.				


Monthly Tally	
Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider	
	(Good)
	(Bad)
	(Emergency)


# FEBRUARY 2017


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 G Y R	2 G Y R	3 G Y R	4 G Y R	5 G Y R
6 G Y R	7 G Y R	8 G Y R	9 G Y R	10 G Y R	11 G Y R	12 G Y R
13 G Y R	14 G Y R	15 G Y R	16 G Y R	17 G Y R	18 G Y R	19 G Y R
20 G Y R	21 G Y R	22 G Y R	23 G Y R	24 G Y R	25 G Y R	26 G Y R
27 G Y R	28 G Y R					
		<b>TRIGGERS TO WATCH FOR THIS MONTH:</b> <b>It's Valentine's Day- Try to avoid strongly scented perfumes and candles they may trigger your COPD. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</b>				

**Monthly Tally**

Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider




 (Good)

 (Bad)

 (Emergency)

# MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 G Y R	2 G Y R	3 G Y R	4 G Y R	5 G Y R
6 G Y R	7 G Y R	8 G Y R	9 G Y R	10 G Y R	11 G Y R	12 G Y R
13 G Y R	14 G Y R	15 G Y R	16 G Y R	17 G Y R	18 G Y R	19 G Y R
20 G Y R	21 G Y R	22 G Y R	23 G Y R	24 G Y R	25 G Y R	26 G Y R
27 G Y R	28 G Y R	29 G Y R	30 G Y R	31 G Y R		
<p><b>NOTES:</b>            Be sure to clear your Oxygen filter weekly and keep the mouthpiece of your inhalers clean by wiping them regularly with a moist cloth. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p>						

Monthly Tally
<p>Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider</p>
<p> (Good)</p>
<p> (Bad)</p>
<p> (Emergency)</p>




# APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 	2 
3 	4 	5 	6 	7 	8 	9 
10 	11 	12 	13 	14 	15 	16 
17 	18 	19 	20 	21 	22 	23 
24 	25 	26 	27 	28 	29 	30 
<p><b>NOTES:</b>            As trees and grasses begin to bloom pollen levels rise so keep the windows closed! Pollen levels are highest at night! Better Breathers are alwas available for additional support 401-444-9863 or 401-793-3187.</p>						

Monthly Tally
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(Good)
(Bad)
(Emergency)




# MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 G Y R	2 G Y R	3 G Y R	4 G Y R	5 G Y R	6 G Y R	7 G Y R
8 G Y R	9 G Y R	10 G Y R	11 G Y R	12 G Y R	13 G Y R	14 G Y R
15 G Y R	16 G Y R	17 G Y R	18 G Y R	19 G Y R	20 G Y R	21 G Y R
22 G Y R	23 G Y R	24 G Y R	25 G Y R	26 G Y R	27 G Y R	28 G Y R
29 G Y R	30 G Y R	31 G Y R				
<p><b>NOTES:</b>            Don't forget to rinse your mouth with water and SPIT IT OUT after inhaler use. If you have dentures/partials rinse them off as well to avoid mouth sores. Better Breathers are alwas available for additional support 401-444-9863 or 401-793-3187.</p>						

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<p> (Good)</p>
<p> (Bad)</p>
<p> (Emergency)</p>

# JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 G Y R	2 G Y R	3 G Y R	4 G Y R
5 G Y R	6 G Y R	7 G Y R	8 G Y R	9 G Y R	10 G Y R	11 G Y R
12 G Y R	13 G Y R	14 G Y R	15 G Y R	16 G Y R	17 G Y R	18 G Y R
19 G Y R	20 G Y R	21 G Y R	22 G Y R	23 G Y R	24 G Y R	25 G Y R
26 G Y R	27 G Y R	28 G Y R	29 G Y R	30 G Y R		
<p><b>NOTES:</b>            Never leave your inhaler or oxygen in a hot car or direct sunlight. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p>						

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<p> (Good)</p>
<p> (Bad)</p>
<p> (Emergency)</p>

# JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 	2 
3 	4 	5 	6 	7 	8 	9 
10 	11 	12 	13 	14 	15 	16 
17 	18 	19 	20 	21 	22 	23 
24 	25 	26 	27 	28 	29 	30 
31 		<b>NOTES:</b> Pace yourself with outdoor activities during hot weather. Always have your rescue inhaler on hand and drink plenty of fluids. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.				

**Monthly Tally**

Each day circle how you are feeling on that day and tally up your totals below to share with your healthcare provider

(Good)




(Bad)

(Emergency)






# AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 G Y R	2 G Y R	3 G Y R	4 G Y R	5 G Y R	6 G Y R
7 G Y R	8 G Y R	9 G Y R	10 G Y R	11 G Y R	12 G Y R	13 G Y R
14 G Y R	15 G Y R	16 G Y R	17 G Y R	18 G Y R	19 G Y R	20 G Y R
21 G Y R	22 G Y R	23 G Y R	24 G Y R	25 G Y R	26 G Y R	27 G Y R
28 G Y R	29 G Y R	30 G Y R	31 G Y R			
<p>NOTES:  <b>STOP SMOKING</b> if you already haven't and try to avoid being around others' who may still smoke. <b>IF</b> you are using oxygen stay away from any open flames. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p>						

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<p> (Good)</p>
<p> (Bad)</p>
<p> (Emergency)</p>




# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 G Y R	2 G Y R	3 G Y R
4 G Y R	5 G Y R	6 G Y R	7 G Y R	8 G Y R	9 G Y R	10 G Y R
11 G Y R	12 G Y R	13 G Y R	14 G Y R	15 G Y R	16 G Y R	17 G Y R
18 G Y R	19 G Y R	20 G Y R	21 G Y R	22 G Y R	23 G Y R	24 G Y R
25 G Y R	26 G Y R	27 G Y R	28 G Y R	29 G Y R	30 G Y R	
<p>NOTES:            Don't forget to get your <b>FLU SHOT</b> this month and check to see if you're up to date with <b>PNEUMOVAX</b> as well. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p>						

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<p> (Good)</p>
<p> (Bad)</p>
<p> (Emergency)</p>




# OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 G Y R
2 G Y R	3 G Y R	4 G Y R	5 G Y R	6 G Y R	7 G Y R	8 G Y R
9 G Y R	10 G Y R	11 G Y R	12 G Y R	13 G Y R	14 G Y R	15 G Y R
16 G Y R	17 G Y R	18 G Y R	19 G Y R	20 G Y R	21 G Y R	22 G Y R
23 G Y R	24 G Y R	25 G Y R	26 G Y R	27 G Y R	28 G Y R	29 G Y R
30 G Y R	31 G Y R	<b>NOTES:</b> With the leaves falling mold and mildew levels are rising so close up those windows! Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.				

Monthly Tally
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 (Good)
 (Bad)
 (Emergency)




# NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 G Y R	2 G Y R	3 G Y R	4 G Y R	5 G Y R
6 G Y R	7 G Y R	8 G Y R	9 G Y R	10 G Y R	11 G Y R	12 G Y R
13 G Y R	14 G Y R	15 G Y R	16 G Y R	17 G Y R	18 G Y R	19 G Y R
20 G Y R	21 G Y R	22 G Y R	23 G Y R	24 G Y R	25 G Y R	26 G Y R
27 G Y R	28 G Y R	29 G Y R	30 G Y R			
<p><b>NOTES:</b>            During the Holiday's PACE yourself. Let your family help you with food preparation and decorating. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p>						

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<p> (Good)</p>
<p> (Bad)</p>
<p> (Emergency)</p>

# DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 G Y R	2 G Y R	3 G Y R
4 G Y R	5 G Y R	6 G Y R	7 G Y R	8 G Y R	9 G Y R	10 G Y R
11 G Y R	12 G Y R	13 G Y R	14 G Y R	15 G Y R	16 G Y R	17 G Y R
18 G Y R	19 G Y R	20 G Y R	21 G Y R	22 G Y R	23 G Y R	24 G Y R
25 G Y R	26 G Y R	27 G Y R	28 G Y R	29 G Y R	30 G Y R	31 G Y R
<p><b>NOTES:</b>            Family time is such a blessing but ask them not to visit if they are not feeling well or have a cough so you don't catch a cold. If you do get sick make sure to finish all prescribed medications. Better Breathers are always available for additional support 401-444-9863 or 401-793-3187.</p>						

Monthly Tally
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 (Good)
 (Bad)
 (Emergency)

## Reference Sheet

Type	Name	Phone Numbers
Primary Care Physician:		
Pulmonologist:		
Cardiologist:		
Other Important Physician:		
Other Important Physician:		
Other Important Physician:		
Pharmacy:		
Local Hospital:		
Local ER:		
Home Health Agency:		
Other:		
Other:		

Better Breathers Club	
Contact Name	Angela Butler or Robert Goodwin
Email	<a href="mailto:abutler2@lifespan.org">abutler2@lifespan.org</a> ; <a href="mailto:rgoodwin@lifespan.org">rgoodwin@lifespan.org</a>
Phone	401-444-9863, or 401-793-3187
Address	Miriam Hospital Hurvitz 2 Conference Room 164 Summit Ave, Providence
Meeting Schedule	First Thursday of Each Month, 3:00-4:00 PM, beginning January 5, 2017

American Lung Association	
Website	<a href="http://www.lung.org/about-us/lung-helpline.html">www.lung.org/about-us/lung-helpline.html</a>
Email	info@lungne.org
Phone	1 - 800 - LUNGUSA (1 - 800 - 586 - 4872)
What they do:	Registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors make up our helpline staff. They are ready to assist with your lung health questions. Get detailed and accurate information about lung cancer, asthma, COPD, quitting tobacco and multiple other lung health topics.

Medications List
1
2
3
4
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6
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