

COPD ZONES FOR MANAGEMENT

GREEN ZONE: ALL CLEAR **GREEN ZONE MEANS**

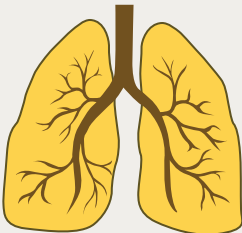


Your Goal O₂ Saturation is: _____

- Able to do usual activities
- No new symptoms
- No chest pain
- Your usual medications are controlling your symptoms

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue activity as tolerated
- Keep all physician appointments

YELLOW ZONE: CAUTION **YELLOW ZONE MEANS**



If you have any of the following signs and symptoms:

- Increased cough and/or sputum production
- Increased shortness of breath with usual activity level
- Increase in the amount of quick relief medications used
- Change in usual energy level: increase in either fatigue or restlessness
- Anything else unusual that bothers you

Call your home healthcare nurse if you are going into the YELLOW zone.

Your symptoms may indicate that you need an adjustment of your medications. **Please bring your medications whenever you go to your doctor or to the hospital. Please call your home healthcare nurse or physician:**

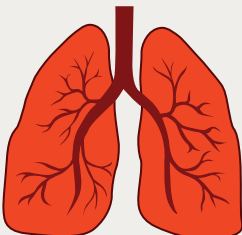
Name: _____

Number: _____

Appointment: _____

Instructions: _____

RED ZONE: MEDICAL ALERT **RED ZONE MEANS**



- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in a chair to sleep
- Weight gain or loss of more than 5 pounds
- Confusion

Call your physician immediately if you are going into the RED zone.

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

Name: _____

Number: _____

If you cannot contact your physician, call 911.