





Here's a quick reference guide for managing my lung disease.

• A few **strategies** that can help me control my symptoms:

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| ✓ | I take my medications as prescribed. |
| ✓ | I maintain good life habits (diet, sleep, physical activity). |
| ✓ | I avoid to exposure myself to second-hand smoke, dust and household cleaning products. |
| ✓ | I turn on the hood and air out the house when I cook. |
| ✓ | I monitor my symptoms, including shortness of breath and secretions. |
| ✓ | When I start using a new pump → I ask to be shown the proper technique for using it. |
| <p>DID YOU KNOW? Using an improper technique makes the treatment less effective.</p>  | |

• Other **key strategies** for my health include:

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|---|--|
| ✓ | Smoking cessation (resource indicated at the bottom of this page). |
| ✓ | Vaccination (flu, pneumonia, COVID-19). |
| ✓ | Good communication with my healthcare team (I inform them of any new symptoms and diagnoses, if I have been prescribed an antibiotic, or if I have been hospitalized). |
| <p>DID YOU KNOW? There is a pulmonary rehabilitation program specifically for people with COPD. The objective of the program is to improve health and exercise tolerance. Does this interest me? I'll contact my healthcare team for more details.</p>  | |

A few resources:

Living better with COPD

<https://www.livingwellwithcopd.com/en/home.html>

Association pulmonaire du Québec

<https://poumonquebec.ca/en/>

I want to stop smoking. I'll check out: *Tobacco Free Quebec* • 1-866-527-7383

<https://www.tobaccofreequebec.ca/iqitnow/>



I have a rescue medication: Yes No

Rescue medication: _____

Additional treatment, depending on symptoms

If you have been given an action plan, you should consult it for details.

Symptom: shortness of breath

1. I know what my normal or baseline level of shortness of breath is:

— NO SHORTNESS OF BREATH

SEVERE SHORTNESS OF BREATH +

2. I know the sign that tells me that I need to take my rescue medication (or how shortness of breath I am):

3. As soon as I notice that my usual level of shortness of breath is getting worse, I take my rescue medication (for example, Ventolin™).

4. I monitor my condition and level of shortness of breath.

5. If I am still short of breath 48 hours after starting my rescue medication, I'll start taking prednisone (corticosteroid, a medication taken by mouth).

Symptom: secretions

6. If I notice a change in my secretions, I will start taking my antibiotic.

7. I monitor my condition.

**I really don't feel well OR my symptoms have worsened
OR there has been no improvement after 48 hours:**

I'll call the contact person, who will confirm if I need to seek medical attention.

Contact person: : _____

In the evening, on a public holiday or on a weekend OR if the contact person can't be reached, I'll seek medical attention:

Non-urgent situation \Rightarrow I'll go to a clinic

Urgent situation \Rightarrow I'll go to an emergency room