

**Answer the questions below to help you and your healthcare professional see if you have had a COPD flare-up in the past 12 months:**

1. To relieve your symptoms, how often are you using a relief medication (inhalers or nebulisers) each week?
  - Never/rarely
  - Once or twice a week
  - Most days
  - Every day
2. How many times have you taken a course of antibiotics for a chest infection in the last 12 months? If you are prescribed antibiotics as part of your regular maintenance treatment for COPD, you should only answer this question for courses of antibiotics in addition to your repeat prescriptions.
  - Never/not sure
  - 1
  - 2
  - 3+
3. How many times have you taken a course of steroid tablets (e.g. prednisolone) for increased COPD symptoms in the last 12 months?
  - Never/not sure
  - 1
  - 2
  - 3+
4. How many times have you made an unplanned emergency visit to a primary care facility or hospital in the last 12 months?
  - Never/not sure
  - 1
  - 2
  - 3+

**What did you score?**

**Question 1:** Frequent use of your reliever inhaler may indicate that your symptoms are getting worse.

**Questions 2–4:** If you answered something other than “never” to any of these questions, you may have had a flare-up of COPD in the last 12 months. Discuss this with your doctor. Take this checklist to your next COPD appointment to discuss your options about how to improve your COPD management.