

COPD Magazine

Educate, motivate, inspire: an interactive online resource for primary care and patient societies to share with patients & carers to support COPD self-management.

- **Issue 1:** Breathing exercises, physical activity
- **Issue 2:** Motivation, emotions, energy, sleep, relationships
- **Issue 3:** Protecting your lungs, consultations, flare-ups

Featuring practical tips, curated videos, infographics and video diaries from people with COPD. Translations available.



My COPD action plan

It is important that you have a written action plan to guide you in the management of your COPD. This plan should be reviewed and updated regularly. It should be shared with your healthcare team and you should carry it with you at all times.

What to do	When to do it	Who to do it with
Check your symptoms	Every day	Self
Take your medicine	As prescribed	Self
Check your oxygen levels	As prescribed	Self
Check your weight	Weekly	Self
Check your blood pressure	Weekly	Self
Check your cholesterol	As prescribed	Self
Check your diabetes	As prescribed	Self
Check your vision	As prescribed	Self
Check your hearing	As prescribed	Self
Check your dental health	As prescribed	Self
Check your skin	As prescribed	Self
Check your mental health	As prescribed	Self

Use your plan to guide the following symptoms:

When you notice any of the following symptoms, you should contact your healthcare team:

- Worsening symptoms
- Increased use of rescue inhaler
- Waking up at night with a cough
- Waking up at night with shortness of breath
- Waking up at night with chest pain
- Waking up at night with a headache
- Waking up at night with a sore throat
- Waking up at night with a runny nose
- Waking up at night with a dry cough
- Waking up at night with a hoarse voice
- Waking up at night with a raspy voice
- Waking up at night with a wheezy cough
- Waking up at night with a cough that does not go away
- Waking up at night with a cough that is worse than usual
- Waking up at night with a cough that is worse than you have had before
- Waking up at night with a cough that is worse than you have had in the last few weeks
- Waking up at night with a cough that is worse than you have had in the last few months
- Waking up at night with a cough that is worse than you have had in the last few years

Sports gallery

COPD does not always prevent you from being active. There are many ways you can stay active and enjoy your life. This gallery features a collection of videos showing people with COPD participating in various sports and activities. These include walking, swimming, and playing table tennis. The videos provide practical tips and inspiration for staying active with COPD.

Home Working Football Team

Walking football

Swimming for COPD

Table Tennis

Conserving energy batteries run out

Think of your energy level as a rechargeable battery. During the day, using things use up your energy. At bedtime, you need to have made the things you need for the next day. Instead of using up all your energy, you need to have some left over for the next day. This is how you conserve energy. There are many ways you can conserve energy. These include:

- Resting when you are tired
- Using energy-saving devices
- Using energy-saving techniques
- Using energy-saving products
- Using energy-saving services
- Using energy-saving facilities
- Using energy-saving equipment
- Using energy-saving materials
- Using energy-saving resources
- Using energy-saving information
- Using energy-saving knowledge
- Using energy-saving skills
- Using energy-saving abilities
- Using energy-saving talents
- Using energy-saving gifts
- Using energy-saving blessings
- Using energy-saving grace
- Using energy-saving mercy
- Using energy-saving kindness
- Using energy-saving compassion
- Using energy-saving love

Caplin COPD: Conserve Energy

coping with COPD: conserving your energy

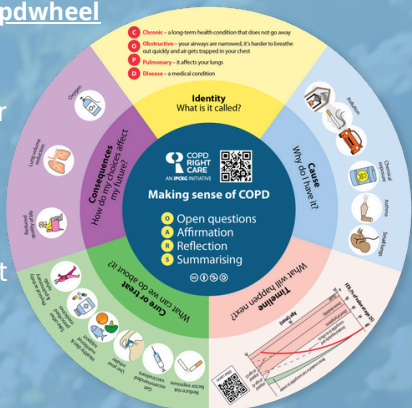




Make sense of COPD

www.ipcr.org/copdwheel

Start new conversations about personalising care for people with COPD. The **COPD Wheel** summarises everything that needs to be known and discussed about COPD: symptoms, causes, medication, improving care and what to advise.



Use our **Question & Challenge Cards** to start conversations with peers by asking provocative questions to create more awareness of shortcomings in knowledge and understanding about COPD.



www.ipcr.org/copd-right-care-question-challenge-cards

Question & Challenge Cards