

1

Breathlessness episode recovery plan for people with COPD

A non-medicated approach to taking back control

If my breathlessness starts to get worse, I'm going to:

The **specific strategies** below help me manage my breathlessness.
Use *examples* from the user guide that have helped other people, or write your own ideas.

	Examples	Write your specific strategies here:
 Stop	<input type="checkbox"/> Stop what you're doing <input type="checkbox"/> Take a moment	
 Think	<input type="checkbox"/> I know it will go away <input type="checkbox"/> I can do this - I am doing it now	
 Position	<input type="checkbox"/> Flop and drop shoulders <input type="checkbox"/> Lean forward	
 Breathe out slowly	<input type="checkbox"/> Pursed lip breathing <input type="checkbox"/> Breathing around the rectangle	
 Airflow Cool	<input type="checkbox"/> Use a handheld fan <input type="checkbox"/> Wipe a damp cloth on my face	
 Take back control	Other strategies that work for me are:	

?
Decide next steps
Turn to the back page

Learn to control breathlessness, so it doesn't control you



Do your five

An easy way to remember your plan is 'Do Your Five'.

Put the steps in the order that works best for you.

Hold up your hand to tell people you need some space.

2 Decide next steps

Am I getting better?



Yes

Return slowly to normal activity

I am feeling better because:

- My breathing is calmer
- I feel less panicky
- I'm back to my normal

Not really

Refer to your COPD Action Plan

If I have one, I keep it here:

Seek medical advice

If I'm not sure what to do, I'll call a healthcare professional from my list of contacts

Seek emergency care

If I feel extremely unwell, I'll dial **000** for an ambulance.

3 Reflecting on your breathlessness episode

When you're feeling better, plan for next time

Reflect

- What made your breathlessness worse?
- What strategies worked well?
- What strategies didn't work well?
- What did others do that was helpful or not?

Record

Some people may find the 'Breathlessness Episode Diary' in the user guide helpful to see patterns over time.

Revise and update

If needed, update the strategies in your plan. Ask a healthcare professional for help and practice new strategies before your next episode.

To learn more



Scan here to access the 'How to Use Your Breathlessness Episode Recovery Plan' booklet

To find out more about how this plan was designed, visit www.uts.edu.au/breathe

Name



Date your plan was last updated

 / /

Remember to discuss updates with people who support you.



Medical contacts

Healthcare Professional

Contact 1

Name

Phone

Job

Helped write the plan?

Healthcare Professional

Contact 2

Name

Phone

Job

Helped write the plan?



Personal contact for emergencies

Name

Phone

Relationship

Helped write the plan?