



COPD Risk Management Guide

GREEN ZONE = GOOD	GREEN ZONE MEANS
<p>Your Normal Weight is: _____</p> <p>No cough, wheeze, chest tightness, or shortness of breath during the day or night.</p> <p>No decrease in your ability to maintain normal activity.</p>	<p>Your symptoms are under control.</p> <p>Continue taking your medications.</p> <p>Follow low salt diet.</p> <p>Keep your Home Care Nurse appointments.</p> <p><i>Keep Physician Appointments</i></p>
YELLOW ZONE = CAUTION	YELLOW ZONE MEANS
<p>Sputum that increases in amount of color or becomes thicker than usual.</p> <p>Increased cough or wheezing even after you take your medicine or inhalers and it has had time to work.</p> <p>Increased swelling of ankles and/or feet.</p> <p>Increased shortness of breath or activity.</p> <p>Weight gain or loss of 3 pounds.</p> <p>Fever of 100.5 oral or 99.5 under your arm.</p> <p>Increased number of pillows needed to sleep or need to sleep in a chair.</p> <p>Anything else that bothers you.</p>	<p>Add “Quick Relief” Medicine: _____</p> <p>Your symptoms may indicate that you need an adjustment in medications.</p> <p> Call your Home Health Nurse: 24 HOUR HOTLINE HOME HEALTH CARE SOLUTIONS 877-718-1306</p> <p><i>(Please notify your Home Care Nurse if you contact or go see your MD)</i></p>
RED ZONE = EMERGENCY	RED ZONE MEANS
<p>Unrelieved shortness of breath or chest pain.</p> <p>Increased and/or irregular heart beat.</p> <p>Wheezing or chest tightness at rest.</p> <p>Change in the color of your skin, nail beds, or lips to gray or blue.</p> <p>Mental changes.</p> <p>Chest pain or pain that worsens when you breathe or cough.</p>	<p>This indicates that you need to be evaluated by your physician right away.</p> <p>Primary MD: _____</p> <p> Phone Number: _____</p> <p><i>(Please notify your Home Care Nurse if you go to the emergency room or are hospitalized)</i></p>

PHONE: (877-718-1306) FAX ONLY-PHYSICIAN ORDERS: (855-718-1309)

This is a standard guideline for COPD Management for HHCS patient education purposes. Always follow your physicians orders pertaining to your care.