

Living Well with COPD™

Chronic Obstructive Pulmonary Disease

A plan of action for life

A Learning Tool for Patients and Their Families

Integrating a Plan of Action into Your Life

- Understanding What a Plan of Action is
- Identifying Your Symptoms, your treatment and what to do when you feel well
- Learning how to identify and manage an aggravation of your symptoms (exacerbation) in different situations

This guide belongs to:

3rd Edition 2006

The skills you need to manage your COPD

COPD is a disease that can seriously affect every part of your life. Simple activities you once took for granted, such as taking a walk or getting dressed, can become major challenges. Flare-ups, or worsening symptoms – the main cause of hospitalization in people with COPD – can further affect your quality of life. Fortunately, there is a lot that you can do to overcome and prevent these limitations, and improve your well-being. This is why we have created this series of workbooks on COPD self-management.

How can this program help me with self-management of the disease?

This is an educational program in which you learn skills to manage your disease and adopt healthy new lifestyle behaviours. This series of workbooks is part of that program, based on real-life experiences.

Medical experts and patients with COPD – people just like you – worked together to update this program that you can customize for yourself. National¹ and international^{2,3} guidelines agree that patient education and self-management are valuable for people with COPD.

We also tested this educational program as part of a clinical trial. And the results were very encouraging. Patients who used these workbooks in collaboration with their healthcare worker, “case manager” or resource person and physician had fewer hospitalizations and fewer emergency room visits. Their overall health also improved, enabling them to do more of the activities they enjoyed, and better cope with their disease.^{4,5}

This is your guide. Use it to write down your questions or concerns. Share it with people close to you so that they can understand what you are going through. Discuss whatever thoughts and feelings you have with your case manager or resource person and your physician.

Good luck with your program.

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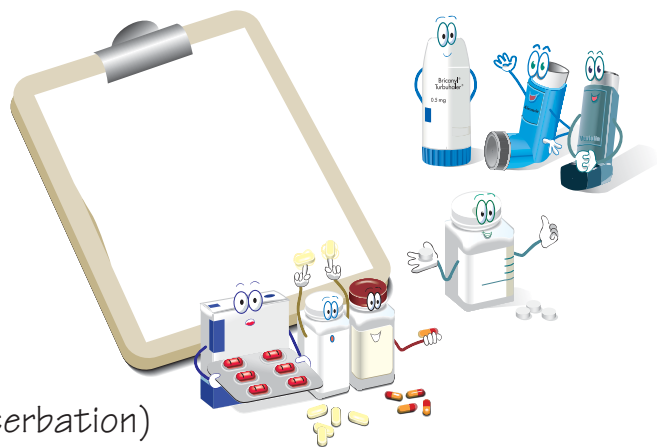
Welcome to “Integrating a Plan of Action into Your Life” of the learning series Living Well with COPD

Living with COPD means being aware of changes in your symptoms and being prepared to manage them. For instance, would you know what to do in certain situations and who to call to get help?

This is the time to take what you have learned and apply it to your own life, on a day-to-day basis. It really helps improve things!⁶ In order to be ready, you will need to plan out your actions and that is exactly what this Module is all about: **Plan of Action**.

In this module you will learn to:

- ✓ Understand your **Plan of Action**
- ✓ Identify your resources
- ✓ Identify your usual symptoms, your regular treatment and what to do when you feel well
- ✓ Learn to recognize and manage an aggravation of your symptoms (exacerbation) caused by a respiratory infection
- ✓ Learn to recognize and manage an aggravation of your symptoms (exacerbation) in other situations
 - Exposure to Environmental Factors
 - Stressful Situations



This module will be your decision-making tool. Share it with someone close to you so they can understand what you are going through. Use it to write down any questions or concerns you have. And discuss whatever thoughts and feelings it gives you with your contact person at the health centre. **This is your plan of action for life.**