

My COPD Goals

You are the most important person in managing your COPD. **Talk with your healthcare provider about your treatment plan.**

Goal 1



Smoking

- I will think of all the reasons why I should quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.

Goal 2



Medicine

- I will take my medicine(s) as directed by my provider.
- I will ask questions when I do not understand my provider's instructions.
- I will learn how to use my inhaler, if prescribed, and have my provider check how I use it at every visit.

Goal 3



Provider Visits

- I will keep my provider appointments, even when my breathing is stable.
- I will ask my provider to test my lung function.
- I will ask my provider about getting flu and pneumonia shots.
- I will ask my provider questions when I do not understand something.

Goal 4



Exercise and Healthy Lifestyle

- I will learn breathing exercises.
- I will walk or exercise for ___ minutes ___ days every week, as directed by my provider.
- I will learn how to save energy by pacing myself.
- I will take breaks after activity and get enough sleep.
- I will eat a balanced diet and drink enough fluids.
- I will wash my hands and try to avoid people with colds or flu.

Goal 5



Air Pollutants

- I will keep my home free of smoke, fumes, and strong smells.
- I will stay away from smoky places.
- I will stay inside as much as possible when the air quality outside is poor.

Goal 6



Help from Others

- I will talk with family and friends about how having COPD makes me feel.
- I will consider joining a COPD support group.
- I will let my provider know if I feel moody, blue, or stressed.

EMERGENCY

I will get emergency help right away if: ① it is hard to breathe, talk, or walk; ② my lips or fingernails look blue; ③ my heartbeat is fast or irregular; or ④ my symptoms suddenly get worse and don't get better after taking my short-acting rescue medicine.