

Chronic Obstructive Pulmonary

Disease (COPD) Management ZONES

References: GOLD, 2012; GOLD, 2014; [American Lung Association](#), 2014

GREEN ZONE	<p>ALL CLEAR (GOAL)</p> <ul style="list-style-type: none"> • No cough, wheezing, or shortness of breathing; able to do usual activities • No need to use rescue inhalers • No changes in cough and sputum (phlegm) • Appetite is good 	<p>Doing Great!</p> <ul style="list-style-type: none"> • Your symptoms are under control • Actions: <ul style="list-style-type: none"> • Take medicines as ordered • Keep all doctor appointments • Follow healthy eating habits • Continue regular exercise • Use oxygen as ordered • Stop smoking or being around others who smoke • Get annual flu shot
YELLOW ZONE	<p>CAUTION (WARNING) If you have any of the following:</p> <ul style="list-style-type: none"> • Sputum (phlegm) increases, color changes, or it thickens • Cough increases or wheezing even after taking your medicines • More trouble breathing or more coughing with activity • Extra pillows to sleep • Medicine is not helping • Appetite not very good 	<p>Act Today! Call VNA</p> <ul style="list-style-type: none"> • Call VNA Home Health: 1800-862-3330 • After discharge from home health services on __/__/__ call your doctor or healthcare provider: <hr/> (doctor's phone number)
RED ZONE	<p>EMERGENCY</p> <ul style="list-style-type: none"> • Trouble breathing or wheezing at rest • Hard to walk or talk • Rescue medication isn't working • Chest pain or tightness that does not go away • Must sit up to breathe • Lips or finger nails turn blue or gray • Confusion/anxiety 	<p>Act NOW!</p> <ul style="list-style-type: none"> • Call 9-1-1 • Means you need to be seen by a doctor right away • Call your doctor right away <hr/> (doctor's phone number)

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