

ZONE EDUCATION - COPD



P3 Health Partners is a health population management group founded and led by physicians who want to shift the industry's focus from managing illness to cultivating wellness. Our job is to make sure you get the attention and care you deserve when you need it most.

Each of these Zones identifies the symptoms to be aware of to help manage your COPD. Use this guide to monitor and recognize the signs of COPD and understand what actions to take to improve your health.

Patient Name: _____ Date of Plan: _____

Provider Name: _____ Provider #: _____

P3 Care Management Team: _____

Emergency Contact: _____ Emergency Contact #: _____

DAILY CARE

Take your Preventative Medications daily:

Medication	How Much	When

- Use oxygen as prescribed
- Continue your regular exercise and diet plan
- Avoid cigarette smoke and inhaled irritants



GREEN ZONE

You are in the clear. Keep up the good work!

Your symptoms are controlled and you:

- Can maintain your usual activity and exercise level
- Have the usual amounts of cough and phlegm or mucus
- Sleep well at night
- Have a good appetite



YELLOW ZONE: CAUTION

This is a Warning Zone if you are experiencing any of the symptoms below:

- Are more breathless or wheezy than usual
- Have less energy
- Have a change in amount or color of mucus you cough up
- Need to use your quick-relief inhaler or nebulizer more often, or it is not helping
- Are coughing more than usual
- Have a fever
- Have poor sleep, and your symptoms wake you up
- Your appetite is not good



If your symptoms do not go away, call your Primary Care Provider or P3 Care Management Team at: () _____

RED ZONE: EMERGENCY

If you are experiencing ANY of the symptoms below, call 911 or go to the Emergency Room.

- Severe shortness of breath, even while resting
- Unable to do any of your normal activities because of breathing
- A high fever (over 100.5 degrees)
- Feel confused or are very drowsy
- Chest pains
- Coughing up blood

