

Self-Management Plan for Respiratory Disease

Name: _____

Date: _____

<p style="text-align: center;">Green Zone = All Clear</p> <ul style="list-style-type: none"> No shortness of breath No need to use your rescue inhalers No decrease in your ability to maintain normal activity level 	<p style="text-align: center;">Green Zone Means</p> <ul style="list-style-type: none"> Your symptoms are under control. Continue taking your medications. Continue using your inhalers and/or nebulizers. Keep your Home Care Nurse appointments. Keep physician appointments.
<p style="text-align: center;">Yellow Zone = Caution</p> <ul style="list-style-type: none"> Increased shortness of breath, which is relieved with fifteen minutes of rest Increased cough and/or your mucus changes in color, consistency or amount Increased shortness of breath with activity Increased tiredness without any reason Irritability, confusion and/or headaches Increased number of pillows needed to sleep or need to sleep in a chair Temperature of 100.5° or greater 	<p style="text-align: center;">Yellow Zone Means</p> <ul style="list-style-type: none"> Your symptoms indicate that you may need an adjustment in your medications and/or treatments. You may have a respiratory infection. Call your Home Health Nurse and/or your physician. <p>24-hour phone number is Primary Physician: _____ Phone Number: _____</p> <p><i>(Please notify your Home Care Nurse or go see your physician.)</i></p>
<p style="text-align: center;">Red Zone = Medical Alert</p> <ul style="list-style-type: none"> Unrelieved shortness of breath even after taking your medication and treatments Increased confusion Wheezing or chest tightness at rest Trouble walking Mental changes Trouble staying awake Blue or gray lips or fingernails 	<p style="text-align: center;">Red Zone Means</p> <p style="text-align: center;">Call 911 immediately.</p> <p>Primary Physician: _____ Phone Number: _____</p> <p>24-hour phone number is</p> <p><i>(Please notify your Home Care Nurse if you go to the emergency room or are hospitalized.)</i></p>