

# Chronic Respiratory Disease Action Plan

Department of Respiratory and Sleep Disorders Medicine  
The Royal Melbourne Hospital  
Tel: 9342-7000  
&  
Melbourne Easy Breathers  
Pulmonary Rehabilitation Program

UR Patient's name
DOB Address
Telephone

My Best Peak Flow:	My Best FEV1:	
O <sub>2</sub> precautions needed: Yes / No / ?	Patient retains CO <sub>2</sub> : Yes / No / ?	Target SaO <sub>2</sub> :

Usual Respiratory Medication		
Medication	Dose	How often
Reliever (Blue)		
Preventer		
Other		

If you do not feel well If you cannot continue your usual daily activities.		
Take	Dose	How often
Reliever		Every 2-4 hours
If sputum / phlegm changes colour or amount increases		
Antibiotic		
Steroid		
Use Oxygen only as prescribed. Contact your doctor today.		
If you can only speak a few words at a time. If you feel frightened or light-headed. Dial 000 to call an ambulance. Say "I am having trouble breathing".		
Use your reliever continuously....		

Further Information.		
RMH Outreach Nurse.		
GP.		
Contact Person / Next of Kin		
Medical Enduring Power of Attorney		
Advanced Directive completed ? Yes / No	Refusal of Treatment Certificate completed ? Yes / No	
Allergies.		
Diagnoses.		