

My COPD Checklist



Keep this checklist and your med-list handy to review with your health care provider to improve the management of your COPD.

- I've had my COPD diagnosis confirmed with a breathing test (spirometry)
- I will review my symptoms of COPD with my health care provider
- I will review the symptoms of a COPD flare up (exacerbation), and report if I had any flare ups or if I have used my COPD action plan
- I will discuss ways to prevent and manage COPD flare-ups
- I will review my current inhaler routine and ensure I am using them correctly
- I will discuss other treatment options that may improve my COPD (exercise, smoking cessation, diet, vaccination, pulmonary rehab, referral to specialist/certified respiratory educators, respiratory therapist)



Want more information on COPD? Scan the QR code to learn more.