COPD SYMPTOM ROADMAP

Understand Where You Are in the Illness

WHAT IS THIS FOR

Understanding common signs and stages of how COPD evolves is key to getting the right types of support, feeling prepared, and having more choice and control.

This tool allows for open conversations between patient, family / caregivers, and health care teams to talk about where things are at now and what to expect later. Revisit this roadmap over time.

HOW DO I USE THIS

The general pattern of COPD is typically a gradual decline with intermittent episodes of sudden flare ups.

Use the space below to discuss with your team and take notes on:

- 1. Your current stage
- 2. What's unique to your experience

NOTES ON MANAGING EACH STAGE

3. What can be done to maximize quality of life at any stage

BEGINNING STAGE SIGNS

- Breathless with activity, e.g. climbing stairs
- Intermittent wheezing
- · Chronic lingering cough
- Coughing up mucus
- Tightness in the chest with activity

MIDDLE STAGE SIGNS

- Breathless when walking at own pace
- · Decreased exercise tolerance
- Frequent wheezing
- · Increased chronic cough and sputum
- · Periodic flare ups may require new medications or ER visits
- · Disruption to sleep, fatigue

LATE STAGE SIGNS

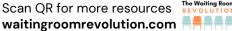
- Breathless after minimal exertion
- Spend more time sitting
- · More frequent flare ups, may require hospitalization
- · Decreased appetite
- Persistent fatigue

END STAGE SIGNS

- Breathless at rest
- Spend more time in bed
- Weight and muscle loss
- May require oxygen therapy

Financial contribution:









COPD PLANNING ROADMAP

Prepare for Key Life Changes

How to Use: Review this table to understand what key life changes to expect and things to do in each stage.

	Key Life Changes	Things to Do
		Prioritize lung health by:
BEGINNING STAGE	Learn ways to	• Consider quitting smoking and getting updated on pneumonia and flu shots
	slow progression &	• Take medications as prescribed
	lessen symptoms	Limit exposure to triggers (e.g. pet dander, dust, respiratory illnesses)
EG! S.		• Integrate good nutrition, regular physical exercise, and social engagement
la l		Make time for medical visits and pulmonary rehab programs
	Manage	Use self-management strategies:
MIDDLE	increased	· Continue with healthy lifestyle changes as mentioned above
	flare ups &	· Learn techniques for effective coughing, breathing, and clearing phlegm
M	symptoms	Designate person(s) for healthcare support, including future healthcare oversight:
	Address personal	· Companion for appointments
	affairs early	· Advance Care Plan discussions
	arran's earry	• Substitute Decision Maker / Power of Attorney for health care
		• Point person(s) for coordination, communication and documentation of care
	Arrange supports	Assess needs and get support to maintain daily routines:
LATE STAGE	to manage	· Cleaning, groceries, meal preparation, banking, home affairs
	personal care as	Medication management
	illness progresses	Exercise, social interaction and companionship
S L	illiess progresses	· Transportation
		• Emotional support
		· Support for family caregivers to prevent burnout
		Use techniques for maximizing energy and independence:
		· Make home modifications to enable mobility (e.g. walker, wheelchair, stair lift)
		• Enhanced home care supports (e.g. public home care, private care, community)
		· Consider living arrangements (e.g. one floor living, retirement home)
	Plan for major	Assess ability to provide care at home:
	changes in	· Add home care supports for feeding, bathing, hygiene, dressing, toileting
, щ	physical function	• Ensure action plan is in place for symptom flare ups
END STAGE	& independence	Ongoing support for family caregivers to prevent burnout
		Make care decisions with a focus on quality of life:
	Prepare for End of	· Review which medications are no longer needed
	Life	• Discuss preferences for Do-Not-Resuscitate or Allow-Natural-Death
		Manage additional personal affairs:
		· Share critical account access, passwords, important contacts
		· Complete Will & Estate Planning
		· Talk about funeral and burial plans, legacy leaving
		· Discuss preferred location of care (e.g. hospice supports)







The views expressed herein do not necessarily represent the views of Health Canada.