



**Are you ready...
to have
the CHAT?**

You can help prevent COPD exacerbations this winter

Chronic Obstructive Pulmonary Disease (COPD) exacerbations are the second leading cause of preventable hospitalisations in Australia¹. Research shows that your patients are more likely to have an exacerbation during the winter months.

Are you ready? Complete this checklist for each patient with COPD:

- Recall your patient
- Use CHAT to check for exacerbation symptoms:
 - C**oughing more than usual
 - H**arder to breathe than usual
 - A**ny change in sputum (phlegm)
 - T**ired more than usual (less active)
- Schedule vaccinations (influenza and pneumococcal pneumonia)
- Review COPD medicines (see Stepwise Management of Stable COPD)
- Review inhaler device technique
- Develop a COPD Action Plan
- Refer to pulmonary rehabilitation

Find out more

Free call 1800 654 301

lungfoundation.com.au/are-you-ready

This program is supported by AstraZeneca.



**Lung
Foundation
Australia**

when you can't breathe... nothing else matters®

Resources for you from Lung Foundation Australia

COPD Action Plan:

Helps your patients understand their baseline and current medicines, how to recognise when their symptoms worsen and what action they need to take. There is also a guide to COPD inhaler device devices on the reverse side.

Stepwise Management of Stable COPD:

Provides a single page translation of the non-pharmacological and pharmacological therapies across COPD severities. There is also a guide to COPD inhaler devices on the reverse side, with access to instructional videos via Blippar.

COPD-X Guidelines:

An evidence-based and peer-reviewed resource to assist in the management of patients with COPD. COPD-X is one of the most regularly updated COPD Guidelines in the world.

COPD-X Concise Guide for Primary Care:

A summary of the COPD-x Guidelines for primary care health professionals.

Managing exacerbations algorithm

Provides clear step-by-step instructions on how to manage COPD exacerbations and when to refer to hospital.

COPD online training

A comprehensive range of interactive online training programs to support best-practice management of COPD.

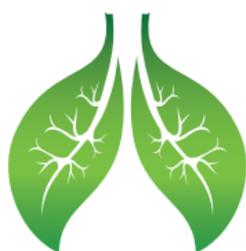
C.O.P.E – COPD Online Patient Education Program:

Enables patients who do not have access to a pulmonary rehabilitation program to complete the educational component from home.

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