ZONE Tool:
Chronic Obstructive Pulmonary Disease (COPD)

| **GREEN ZONE** | **ALL CLEAR (GOAL)*** No wheezing or shortness of breath; able to do usual activities
* No need to use rescue inhalers
* No changes in cough and sputum (phlegm)
* Appetite is good
 | **Doing Great!*** Your symptoms are under control
* Actions:
	+ Take medicines as ordered
	+ Keep all doctor appointments
	+ Follow healthy eating habits
	+ Continue regular exercise
	+ Use oxygen as ordered
	+ Stop smoking or being around others who smoke
	+ Get annual flu shot
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| **YELLOW ZONE** | **CAUTION (WARNING)****If you have any of the following:*** Sputum (phlegm) increases, color changes, or it thickens
* Cough increases or wheezing even after taking your medicines
* More trouble breathing or more coughing with activity
* Extra pillows to sleep
* Medicine is not helping
* Appetite not very good
 | **Act Today!*** You may need your medicines changed
* Actions:
	+ Use oxygen as ordered
	+ Take your “quick relief medicine” (rescue inhaler)
* **Call your** **home health nurse:**

*(agency’s phone number)** + **Or call your doctor:**

*(doctor’s phone number)* |
| **RED ZONE** | **EMERGENCY*** Trouble breathing or wheezing at rest
	+ Hard to walk or talk
* Rescue medication isn’t working
* Chest pain or tightness that does not go away
* Must sit up to breathe
* Lips or finger nails turn blue or gray
* Confusion or anxiety
 | **Act NOW!*** Means you need to be seen by a doctor right away!
* Actions:
	+ **Call your doctor right away**

*(doctor’s phone number)** **Or call 911 or go to the Emergency Department.**
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*Also available in* [*other languages*](http://homehealthquality.org/Resources/Interactive-Tools/Public/ZONE-Tools-List.aspx)*.*

*References: Hinkle, J.L. & Cheever, K.H., 2018;* [*American Lung Association,*](https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/symptoms-causes-risk-factors/symptoms.html) *2017;* [*American Lung Association*](https://www.lung.org/assets/documents/copd/copd-action-plan.pdf)*, 2015*

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