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.** |

*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*

*This material was prepared by Quality Insights, the Medicare Quality Innovation Network-Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication number 11SOW-WV-HH-MMD-041019*