



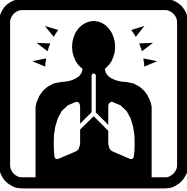
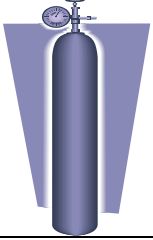



COPD Self Management

You, the patient, are the most important person to manage your COPD. We will offer you support to help you manage your COPD, but we need your help.

Please choose goals you are willing to work on to better manage your COPD	Yes	No
	<p><u>Goal 1:</u> I will use my inhalers and other breathing medications as I am told. I will not miss any doses.</p>	
	<p><u>Goal 2:</u> I will stop smoking. I will not let people smoke in my home or anywhere near me.</p>	
	<p><u>Goal 3:</u> I will rest before I eat. I will eat small, frequent meals.</p>	
	<p><u>Goal 4:</u> I will get a pneumonia shot. I will get a flu shot every year.</p>	
	<p><u>Goal 5:</u> I will know my "BODE" index score and will work to improve it. (Reach ideal body weight. Use my breathing medications as I am told. Exercise as I am told.)</p>	
	<p><u>Goal 6:</u> I will use my oxygen as I am told. I will never use oxygen while smoking.</p>	
	<p><u>Goal 7:</u> I will wash my hands often and stay away from crowds so I don't get germs.</p>	