

About My COPD Care Record

Use this chart to keep track of your doctor visits and the progress you've made on your COPD goals.

Each Visit—Questions to Answer		/ /	/ /	/ /
Symptoms in Past Week	Number of days with shortness of breath at rest			
	Number of days with shortness of breath during exercise			
	Number of days shortness of breath interfered with daily activities			
	Number of days with coughing and mucus			
Treatment	Do I need help quitting smoking?			
	Did I take my medicines as directed?			
	Am I using my inhaler(s) the right way?			
	Have I received my annual flu vaccine?*			
Readiness	Do I have an up-to-date COPD Treatment Plan?			
	Am I confident that I can follow my treatment plan?			
	Have I scheduled my next COPD office visit?			

*You may also need to receive a pneumonia vaccine once (a booster may be needed after 5 years).