

Care instructions for patients with COPD

Patient name: _____ Healthcare provider: _____

Stop smoking; it's the most important way to help deal with your COPD.



- It can take many attempts to quit before you're successful. **Keep trying.**
- **Get support.** Call 1-800-QUIT-NOW, text QUIT to 47848, or visit PA.QuitLogix.org.
- **Try nicotine replacement or medications.**
 - Nicotine products ease cravings and make quitting easier. Use a nicotine patch with nicotine gum, lozenges, or nasal spray. Most of these are available without a prescription.
 - Prescription drugs increase the chances of quitting. They include varenicline (Chantix) and bupropion (Wellbutrin, Zyban).

Get your vaccinations, especially:



- **flu** (every year)
- **pneumococcal pneumonia**
- **COVID**
- **respiratory syncytial virus (RSV)**
- **pertussis** (in Tdap)
- **shingles**

Check your inhaler technique.



Make sure you are using your inhaler correctly. Many people don't, and they miss the full benefit of their medication. For instructional videos, go to qrco.de/ALA_inhaleruse.

Stay active. Get exercise.



Try to get at least _____ minutes of exercise each day. Options for activity include:

- walking
- biking
- lifting weights
- swimming

Contact your local Area Agency on Aging or YMCA for group options.

Eat a balanced diet.



Include a variety of foods in your diet to get the nutrients and energy you need to stay healthy and fight infection.

Sign up for pulmonary rehabilitation.



An exercise program for people with respiratory problems can reduce hospitalizations and improve well-being. This may be an option if recommended by your healthcare provider.

Contact your local program: _____



Balanced information for better care

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Pharmaceutical Assistance
Contract for the Elderly



These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. This material is provided by Alosa Health, a nonprofit organization which accepts no funding from any pharmaceutical company. It was supported by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania.

AH-001-0044 Apr 2025