









MANAGING YOUR HEALTH CARE

COPD Community Exercise Clinic



A Health Care Team is the group of professionals who contribute to your care and treatment. Individuals who take an active role in their health care are more satisfied, pursue timely and appropriate treatment and have a better quality of life. Communicating well with health care providers is one of the most important parts of getting good care.

							
PREPARE	MEDICATIONS	3 QUESTIONS	TAKE NOTES	BRING SOMEONE	CLARIFY	REVIEW	FOLLOW UP
List concerns to discuss Aware of appointment type (In Person, Virtual, Video)	Bring list of current medications	What is my main health concern What do I need to do Why is it important for me to do this	Things to discuss Decisions made Action items	Bring a trusted family member/friend Have them take notes Ask for their thoughts after appointment	Ask for things to be re-explained if not understood the first time	Know next steps Aware of action items to complete	If unsure, follow-up with health care team after appointment

Regularly Review

Have regular follow-up visits to ensure your COPD is being managed well. Before each visit make a list of questions or concerns you would like to discuss.

At each visit review:

- Symptoms
- Treatment Plan
- COPD Action Plan
- Inhaler Techniques
- Smoking Status
- Exercise Program
- Vaccinations
- Comorbidities
- Lung Function

Additional Resources

[Living with COPD Handbook](http://www.lunghealth.ca) (www.lunghealth.ca)

[COPD Action Plan](http://www.lung.org) (www.lung.org)

[Getting the Most out of your Medical Appointments \(Living a Healthy Life with Chronic Diseases\)](http://www.ceselfmanagement.ca) (www.ceselfmanagement.ca)

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.