

Self-Management Checklist for COPD

<u>Items for discussion with person with COPD and family/carer</u>	✓
Condition Information	
Pulmonary rehabilitation	
Smoking cessation	
Inhaler technique	
Immunisation	
CAT - COPD Assessment tool	
Self-Management plan	
Rescue Medication	
Benefit advice (CAB)	
Social support- forum, newsletter, local groups	

Note - Asthma education is not suitable for people with COPD

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