



The Confident Patient:

A Doctor Discussion Guide for COPD Maintenance

Tracking symptoms and severity

- What symptoms should I be tracking, and what's the best way to record them?
- If my symptoms flare or suddenly worsen, what should I do?
- How do you determine whether my COPD is well-controlled or not? How will that inform your treatment approach?

Understanding treatment options

- Based on my symptoms and treatment history, what treatment options am I a good candidate for?
- What are the non-steroidal treatment options available, and how do they work?
- How are non-corticosteroid inhaled medications different from inhaled corticosteroids?

Treatment that fits your needs

- If my treatment plan includes inhaled medications, what will my treatment schedule look like?
- How will you evaluate whether my treatment is working or not? How will we measure and track this?
- If we decide it's time to make a treatment change, what does that process look like?

Symptom check-in

- ☐ Persistent cough
- ☐ Wheezing
- ☐ Increased mucus that causes coughing or the need to clear the throat
- ☐ Shortness of breath or feeling out of breath
- ☐ Chest tightness, with a feeling of pressure in or around the chest

Notes: