



## COPD Action Plan reduces fear and hospital visits for Yvonne

LinkMyCare

**Yvonne Kelly says she has managed to avoid ED four times since her COPD Action Plan was developed.**

A COPD Action Plan is a simple guide that helps people manage symptoms of COPD (chronic obstructive pulmonary disease), including flare ups.

"When I first got this (COPD) I didn't know when to go to hospital. I used to be frightened when I couldn't breathe, especially when I was alone," said Yvonne.

"Now I don't seem so scared when I get an attack, I think it is because I have a plan. I'm getting better faster because I can get straight into my plan, I have medications at home if I need them," she said.

Yvonne was diagnosed with chronic obstructive pulmonary disease (COPD) 3 years ago and has experienced an exacerbation in symptoms (or flare up) at least seven times in the past year. Prior to having a COPD Action Plan, Yvonne had been hospitalised and had visited ED a number of times.

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- Yvonne



Since her GP and LinkMyCare – COPD nurse (based in Southern New South Wales Local Health District) helped write a COPD Action Plan, she has felt more confident in her ability to manage her symptoms and has been able to avoid going to hospital.

The plan helps Yvonne know what medicines to take every day, what to do if she feels worse, and when to get medical help.

Yvonne learnt of the benefits of a COPD Action Plan through LinkMyCare - COPD, a program that is being rolled out in South Eastern NSW over the next 18 months.

LinkMyCare – COPD provides resources for general practitioners (GPs) to support patients to manage their condition in the community and access the services they need without travelling far from home or paying out-of-pocket costs.

The program also supports patients at the transition point between hospital and general practice, reducing the likelihood of a re-presentation to hospital and improving the information flow between a patient's GP and the care team within the hospital.



Read more about the LinkMyCare program [here](#).



View a COPD Plan [here](#).