

## Self-Management Checklist for COPD

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

**Note** - Asthma education is not suitable for people with COPD

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