

Heart Failure Zones

| | | | |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| <p>EVERY DAY</p> | <p>EVERY DAY</p> <ul style="list-style-type: none"> ♥ Eat low salt food and do not add salt to your food - 600 mg per meal, no more than 2000 mg per day. ♥ Take your medicine as prescribed. ♥ Balance activity and rest periods. ♥ Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight. Same scale, same time, same amount of clothing. ♥ Check for swelling in your feet, ankles, legs, and stomach. | <p>Diet</p> | <p>Exercise</p> |
| | | <p>Medications</p> | <p>Lifestyle changes</p> |
| <p>GREEN ZONE</p> | <p>ALL CLEAR</p> <p>Your symptoms are under control.</p> <ul style="list-style-type: none"> ♥ No shortness of breath. ♥ No weight gain. ♥ No swelling. ♥ No chest pain. ♥ No decrease in your activity level. | <p>This is your GOAL</p> <p>Remember- You are in control!</p> <ul style="list-style-type: none"> ♥ Continue taking your medicine. ♥ Monitor your daily weight. ♥ Follow your diet. ♥ Monitor your symptoms. ♥ Keep all doctor appointments. | |
| <p>YELLOW ZONE</p> | <p>CAUTION</p> <ul style="list-style-type: none"> ❑ Weight gain of 2-3 pounds in one day or 5 pounds or more in one week. ❑ Shortness of breath. ❑ It's harder to breathe when lying down. ❑ Waking up during the night feeling short of breath. ❑ You need to sleep upright in a chair. ❑ Swelling in the feet, ankles, legs, and/or stomach. ❑ Feeling tired/no energy. ❑ Increased difficulty performing normal, everyday activities. ❑ Dry hacky cough. ❑ Dizziness. ❑ You just don't feel right/an uneasy feeling. | <p>WARNING- WARNING- WARNING</p> <p>Listen to your body!</p> <ul style="list-style-type: none"> ♥ Your medicine might need to be adjusted. <p>CALL your doctor, nurse, or home health nurse.</p> <p>Name _____</p> <p>Phone # _____</p> <p>Instructions _____</p> <p>_____</p> | |
| <p>RED ZONE</p> | <p>EMERGENCY</p> <ul style="list-style-type: none"> ❑ Struggling to breathe - unrelieved shortness of breath at rest. ❑ Wheezing or chest tightness at rest. ❑ Unrelieved or reoccurring chest pain after taking nitroglycerin. ❑ Confusion- can't think clearly. ❑ Weight gain of more than 5 pounds in two days. | <p>CALL 911 NOW!</p> <ul style="list-style-type: none"> ♥ You need to be evaluated by a doctor right away. <p>Physician _____</p> <p>Phone # _____</p> | |

Heart Failure Zones

This is a tool to help guide you in managing your heart failure. The tool is divided into sections or zones that will help remind you of what to do every day and to alert you to the signs and symptoms of heart failure. This tool is also helpful to your healthcare provider; it enables them to give you specific instructions for managing your heart failure.

- ♥ The **black** section is a reminder of what you must do **every day** to manage your heart failure.
- ♥ The **green** section means that you are right where you need to be. You are controlling your symptoms and managing your heart failure.
- ♥ The **yellow** section means that you are experiencing symptoms of heart failure that need to be addressed by your doctor or nurse. Addressing your symptoms early may prevent worsening of your symptoms and a potential hospital visit.
- ♥ The **red** section means that your symptoms are worsening and you need immediate medical attention. This is a medical emergency; you need to go to the hospital.

Keep this tool in a location where you can visualize it every day. It will act as a reminder of your commitment to managing your heart failure. It will also help you detect symptoms early. Early detections of your symptoms and addressing them with your doctor or nurse can help prevent a hospital admission.

Place the tool on your refrigerator as a reminder of your commitment to a healthier life.

Remember! You are in control, and we are here to help.