HEART FAILURE

Management Zones

Health Care Connectors

Use this information **EVERY DAY** to decide if you are having trouble with WORSENING SYMPTOMS OF HEART FAILURE. Call your home care nurse if you are in the **YELLOW ZONE** so we can work with you and your physician to **keep you out of the hospital**.

Green Zone	Yellow Zone	Red Zone

All Clear (GOAL)
• No shortness of breath
• No swelling
• No weight gain
• Your goal weight: _____ pounds
• No chest pain
• Able to do usual activities
	Caution (Warning)
	If you have any of the following:
	• Short of breath with activity
	• Extra pillows needed to sleep
	• More coughing
	• 2-3 pound weight gain in one day or 5 pounds in one week
	  • Other: _____
	• Swelling of feet, ankles, or legs
	• Extra tired
		Emergency
		• Short of breath all the time
		• Wheezing at rest
		• Must sit up to breathe
		• Chest pain or tightness that does not go away
		• More than 5 pound weight gain in one week
		  • Other: _____
		  • Swelling of hands or face
		• Confusion/anxiety

Doing Great!
• Your symptoms are under control
• Actions:
  • Take medicines as ordered
  • Weigh self every day
  • Eat foods lower in salt
  • Keep all doctor appointments
	Act Today!
	• You may need your medicines changed
	• Actions:
	• **Call your home care nurse**
	_____
	(agency's phone number)
	• Or call **your doctor**
	_____
	(doctor's phone number)
		Act NOW!
		• You need to be seen by a doctor right away
		• Actions:
		• **Call your doctor right away**
		_____
		(doctor's phone number)
		• **Or call 911**

References: AHA, 2012; AHA, 2012; Yancy, et al, 2013

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