

Heart Disease Management ZONES



GREEN ZONE	<p>ALL CLEAR (GOAL)</p> <ul style="list-style-type: none"> • No problem breathing • No swelling of feet, ankles or legs • No increase in weight <ul style="list-style-type: none"> ○ Your goal weight: _____ pounds • No chest pain • Able to do usual activities 	<p>Doing Great!</p> <ul style="list-style-type: none"> • Your symptoms are under control • Actions: <ul style="list-style-type: none"> ○ Take medicines as ordered ○ Weigh self every day ○ Maintain healthy weight ○ Eat foods lower in salt ○ Stop smoking ○ Limit alcohol ○ Keep all doctor appointments
YELLOW ZONE	<p>WARNING</p> <p>If you have any of the following:</p> <ul style="list-style-type: none"> • Chest pain or discomfort • Pain or discomfort in arms or shoulders • Short of breath or coughing with activity • Extra pillows to sleep • 3 pound weight gain in one day <ul style="list-style-type: none"> ○ Other _____ • Swelling of feet, ankles, or legs • More tired 	<p>Act Today!</p> <ul style="list-style-type: none"> • You may need your medicines changed • Actions: <ul style="list-style-type: none"> ○ Call your home health nurse _____ <li style="text-align: center;"><i>(agency's phone number)</i> ○ Or call your doctor _____ <li style="text-align: center;"><i>(doctor's phone number)</i>
RED ZONE	<p>EMERGENCY</p> <ul style="list-style-type: none"> • Chest pain or tightness that does not go away • Pain or discomfort in jaw, neck, or back • Sweating or nausea • Pain continues or comes back after taking Nitro tablets dose = _____ • Trouble breathing at rest • Must sit up to breathe • 5 pound weight gain in 1 week • Swelling of hands or face • Weak, lightheaded, or faint • Women: stomach and/or upper back pain 	<p>Act NOW!</p> <ul style="list-style-type: none"> • You need to be seen <u>right away</u> • Actions: <ul style="list-style-type: none"> ○ Call your doctor _____ <li style="text-align: center;"><i>(doctor's phone number)</i> ○ Or call 911

References: [AHA, 2012](#); [AHA, 2012](#); [CDC, 2013](#); [Yancy, et al, 2013](#)