

Heart Failure Management ZONES



GREEN ZONE	YELLOW ZONE	RED ZONE
<p>All Clear (GOAL)</p> <ul style="list-style-type: none"> No shortness of breath No swelling No weight gain <ul style="list-style-type: none"> Your goal weight: _____ pounds No chest pain Able to do usual activities 	<p>Caution (Warning)</p> <p>If you have any of the following:</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Other: _____ Swelling of feet, ankles, or legs Extra tired 	<p>Emergency</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Other: _____ Swelling of hands or face Confusion/anxiety
<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 Eat foods lower in salt Keep all doctor appointments 	<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 _____ <i>(agency's phone number)</i> Or call your doctor _____ <i>(doctor's phone number)</i> 	<p>Act NOW!</p> <ul style="list-style-type: none"> You need to be seen by a doctor <u>right away</u> Actions: <ul style="list-style-type: none"> Call your doctor right away _____ <i>(doctor's phone number)</i> Or call 911

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