

Heart Disease Management ZONES

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| 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 <u>any</u> 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 • More Coughing • 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! Call VNA</p> <ul style="list-style-type: none"> • Call VNA Home Health: 1800-862-3330 • After discharge from home health services on __/__/__ call your doctor or healthcare provider: _____ <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 <i>dose</i> = _____ • 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 • Confusion/Anxiety | <p>Act NOW!</p> <ul style="list-style-type: none"> • Call 911 • You need to be seen <u>right away</u> • Actions: <ul style="list-style-type: none"> ○ Call your doctor _____ <i>(doctor's phone number)</i> |

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

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