

Heart Failure Management ZONES

GREEN 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>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
YELLOW ZONE	<p>WARNING</p> <p>If you have <u>any</u> 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>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"> 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>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 right away _____ <i>(doctor's phone number)</i>

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

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