

Heart Failure Self Management Tool

<p>Green Zone (All Clear)</p> <ul style="list-style-type: none"> No shortness of breath No swelling No weight gain No decrease in your ability to maintain your activity level <p>Your Weight _____ Your weight in range _____ - _____</p>	<p><u>Green Zone Means:</u></p> <ul style="list-style-type: none"> Your symptoms are under control Continue taking your medications as ordered Follow a low salt diet Keep all physician appointments
<p>Yellow Zone (Caution) If you have any of the following signs or symptoms:</p> <ul style="list-style-type: none"> Increased weight Increased cough Increased swelling Increased shortness of breath with activity Chest pain Increase in number of pillows needed or need to sit in a chair to sleep Anything else unusual that bothers you <p>Call your physician if you are going into the YELLOW zone</p>	<p><u>Yellow Zone Means:</u></p> <ul style="list-style-type: none"> Your symptoms may indicate that you need an adjustment of your medications Call your physician <p>Name: _____</p> <p>Phone number: _____</p>
<p>Red Zone (Medical Alert)</p> <ul style="list-style-type: none"> Unrelieved shortness of breath; shortness of breath at rest Unrelieved chest pain Wheezing or chest tightness at rest 	<p><u>Red Zone Means:</u></p> <ul style="list-style-type: none"> Indicates that you may need to be evaluated by a physician right away