



Heart Failure Zone Tool

<p>Every Day</p>	<ul style="list-style-type: none"> • Weigh yourself each morning before breakfast; write it on the weight and zone log. • Compare your weight to yesterday's weight. • Check which heart failure zone you are in (Green, Yellow or Red). • Take your medication as prescribed. • Eat low salt foods. • Balance activity and rest times. • Check for swelling in your feet, ankles, hands and stomach. • Check for increased shortness of breath from the previous day.
<p>Green Zone</p>	<p>ALL CLEAR! This zone is your goal. Keep up the good work!</p> <ul style="list-style-type: none"> • No weight gain of more than 2 pounds in 1 day (it may change 1-2 pounds some days). • No shortness of breath with usual everyday activities. • No decrease in everyday activities because of shortness of breath. • No swelling in your feet, ankles, hands or stomach. • No chest discomfort or pain.
<p>Yellow Zone</p>	<p>CAUTION!! This zone is a warning and you should call your doctor if...</p> <ul style="list-style-type: none"> • Weight gain of 3 pounds in one day or 5 pounds in one week. • More swelling of your feet, ankles, hands or stomach. • More shortness of breath, chest pain. • Not able to do normal daily activities because of breathing problems • Feeling more tired; no energy. • Dry hacky cough. • Have difficulty lying flat/ need to sleep in a chair (if a change). • Feeling dizzy or lightheaded. • Feeling uneasy, you know something is not right.
<p>Red Zone</p>	<p>EMERGENCY!!! Call 911 or have someone take you to the Emergency Room!!</p> <ul style="list-style-type: none"> • Struggling to breath; unrelieved shortness of breath while sitting still. • Severe, recurrent chest pain. • Confusion or can't think clearly; fainting. • Wheezing or chest tightness at rest.

References: www.ihl.org
CareNotes® **CONGESTIVE HEART FAILURE - General Information,**

Key Contacts- Fill in numbers for:
 Primary Physician: _____
 Cardiologist: _____
 VNA: _____
 Other: _____
