



# A Heart Failure Zone Tool

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Current Weight: \_\_\_\_\_

Zone	Symptoms	Action
<b>Green Zone:</b> <b>All Clear</b>	<ul style="list-style-type: none"> <li>◆ No increase in shortness of breath</li> <li>◆ No weight gain of 2 to 3 pounds in 24 hours</li> <li>◆ No increase swelling of your feet, ankles, legs or stomach</li> <li>◆ No chest pain</li> <li>◆ No change in your usual activity level</li> </ul>	<ul style="list-style-type: none"> <li>◆ Your symptoms are under control</li> <li>◆ Continue taking your medications as ordered</li> <li>◆ Continue to weigh yourself every morning after toileting and before eating</li> <li>◆ Follow a heart healthy diet</li> </ul>
<b>Yellow Zone:</b> <b>Caution</b>	<p>If you have any of the following:</p> <ul style="list-style-type: none"> <li>◆ Weight gain of 2 to 3 pounds in 24 hours or 5 to 7 pounds in 3 to 7 days</li> <li>◆ Increased shortness of breath with usual activity, wheezing or chest tightness</li> <li>◆ Increased swelling of your feet, ankles, legs or stomach</li> <li>◆ Increased number of pillows needed to sleep or need to sleep in a chair because it's hard to sleep while lying flat.</li> <li>◆ Feels more tired than usual. No energy.</li> </ul>	<p style="text-align: center;"><b>CALL YOUR HEARTWISE NURSE AT 845.634.4974</b></p>
<b>Red Zone:</b> <b>Urgent!</b>	<p>If you have any of the following:</p> <ul style="list-style-type: none"> <li>◆ Struggling to breathe</li> <li>◆ Unrelieved shortness of breath</li> <li>◆ Unrelieved chest pain/chest tightness</li> <li>◆ Confusion or inability to think clearly</li> </ul>	<p style="text-align: center;"><b>CALL YOUR HEARTWISE NURSE PROMPTLY!</b></p>

HeartWise is a Program of United Hospice, Inc.

