

Patient Information

KNOW YOUR HEART FAILURE ZONE.

Doctor's Name: _____

Next Appointment: _____





Doctor's Phone: _____

Dry Weight: _____

EVERY DAY

- ▷ Weigh yourself at the same time each day
- ▷ Take your pills
- ▷ Check for swelling in your feet, ankles, legs, and belly
- ▷ Eat a low salt diet
- ▷ Allow for rest periods
- ▷ Plan for rest after each activity

Which heart failure zone are you today? Green, yellow, or red?

<p>GREEN ZONE</p> <div style="text-align: center; margin: 20px 0;">  </div> <p>KEEP UP THE GOOD WORK!</p>	<p>This zone is my goal.</p> <ul style="list-style-type: none"> No new shortness of breath No weight gain more than 3 pounds; it may change 1 or 2 pounds some days or 5 pounds in 1 week No new swelling of feet ankles, legs, or belly No chest pain I can do everyday tasks 	<p>GREEN ZONE MEANS:</p> <ul style="list-style-type: none"> My Heart failure is stable Keep taking my heart and water pills. Eat low-salt foods, less than 2,000 mg Sodium Drink limited liquids less than 64 fluid oz. or 2 liters Go to my medical appointments Weigh myself every morning.
<p>YELLOW ZONE</p> <div style="text-align: center; margin: 20px 0;">  </div> <p>CALL MY DOCTOR.</p>	<p>This zone is a warning. Call my doctor or nurse if I have any of these signs:</p> <ul style="list-style-type: none"> Weight gain more than 3 pounds in 2–3 days or 5 pounds in on week. More shortness of breath More swelling in my feet, ankles, legs, or belly Feeling more tired New cough Hard to breathe lying down - need to sleep sitting in a chair. 	<p>YELLOW ZONE MEANS:</p> <ul style="list-style-type: none"> My Heart failure is not stable and my medications may need to be adjusted by my provider. Call my care provider or home health nurse.
<p>RED ZONE</p> <div style="text-align: center; margin: 20px 0;">  </div> <p>CALL 911</p>	<p>EMERGENCY! Call 911 or go to the emergency room if I have any of these signs:</p> <ul style="list-style-type: none"> Hard to breathe at rest Chest pain or chest feels very heavy or tight Sudden on set of feeling weak, faint, or dizzy Vomiting Coughing up pink–frothy sputum 	<p>RED ZONE MEANS: You need to call 911 now!</p> <div style="text-align: center; margin-top: 20px;">  </div>

Weight Record

Weigh every morning, after urinating, before eating, and with the same amount of clothing.

Date	Weight	Bp	Pulse	Date	Weight	Bp	Pulse