

# your CHF management | action plan

Zone	Symptoms	Actions You Should Take
<p><b>Green Zone = Good to Go</b></p>	<p>You are good to go if:</p> <ul style="list-style-type: none"> <li>› No shortness of breath</li> <li>› No chest pain</li> <li>› No swelling</li> <li>› No weight gain</li> <li>› No decrease in activity level</li> </ul>	<ul style="list-style-type: none"> <li>› Taking your medications daily</li> <li>› Weight check every morning</li> <li>› Following heart healthy meal plan</li> <li>› Balancing activity with rest</li> <li>› To keep all physician appointments</li> </ul>
<p><b>Yellow Zone = Proceed with Caution</b></p>	<p>Proceed with Caution if you have ANY of these symptoms:</p> <ul style="list-style-type: none"> <li>› Weight gain of 3 or more pounds in a day or 5 pounds in a week</li> <li>› Increased shortness of breath with activity</li> <li>› Worsening of dry, hacking cough</li> <li>› Increased swelling of legs, feet and ankles</li> <li>› Trouble sleeping or need for more elevation</li> <li>› Discomfort or swelling in the abdomen</li> </ul>	<p>Your symptoms may indicate that you need an adjustment in your medications.</p> <ul style="list-style-type: none"> <li>› Call your doctor if you have one or more of the symptoms on the left.</li> <li>› Your symptoms may indicate a need for a change in your medications</li> </ul>
<p><b>Red Zone = Alert</b></p>	<p>You're experiencing a medical alert if you have any of the following:</p> <ul style="list-style-type: none"> <li>› Shortness of breath that wont go away even at rest</li> <li>› Wheezing or chest tightness at rest</li> <li>› Unrelieved chest pain</li> <li>› Weight gain or loss of more than 5 pounds in 2 days</li> <li>› Need to sit in chair to sleep, can not lie flat</li> <li>› New or worsening dizziness, confusion or depression</li> <li>› Increased discomfort or swelling in the lower body</li> <li>› Loss of appetite</li> </ul>	<p><b>You need to be evaluated AS SOON AS POSSIBLE.</b></p> <p><b>In an emergency, CALL 911</b></p>

# heart failure management chart

Use the table below to measure and record your weight, blood pressure and heart rate regularly. You can then take this chart with you when you next see your doctor or nurse and discuss any changes. If you notice any large changes, you should discuss these with your doctor or nurse as soon as possible.

MONTH .....		MEASURES	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK from .....		WEIGHT kg							
	to .....	BLOOD PRESSURE mm Hg							
		HEART RATE beats per minute							
WEEK from .....		WEIGHT kg							
	to .....	BLOOD PRESSURE mm Hg							
		HEART RATE beats per minute							
WEEK from .....		WEIGHT kg							
	to .....	BLOOD PRESSURE mm Hg							
		HEART RATE beats per minute							
WEEK from .....		WEIGHT kg							
	to .....	BLOOD PRESSURE mm Hg							
		HEART RATE beats per minute							
WEEK from .....		WEIGHT kg							
	to .....	BLOOD PRESSURE mm Hg							
		HEART RATE beats per minute							