

Follow up - Appointment within 48 to 72 hours after
leaving the hospital. Date: _____

HEART FAILURE PATIENT ACTION PLAN

GREEN ZONE: ALL CLEAR

Your Goal ('Dry') Weight: _____

- My breathing is easy.
- I have no new or worsened swelling.
- My weight is stable.
- I can do everyday tasks.

GO

Keep up the good work!

GREEN ZONE MEANS:

- Your heart failure is stable.
- Keep taking your heart & water pills.
- Eat low-salt foods, less than 2,000 mg Sodium per day.
- Drink limited liquids, less than 64 fluid oz. or 2 liters per day.
- Go to your medical appointment.
- Weigh yourself every morning and write it down.

YELLOW ZONE: CAUTION

- Weight gain (2 or more pounds in one day or 5 pounds in 5 days).
- I need more pillows to sleep, or I need to sleep in a chair.
- It's harder to breathe when doing everyday things.
- I have more swelling in my legs, feet and/or belly.
- Chest pain
- More coughing
- Any other unusual things that bother you.

CAUTION

Step up treatment!

YELLOW ZONE MEANS:

- Your heart failure is not stable and your medications may need to be changed by your provider.
- Please call Home Health Heart Failure Service at 253.301.6400 or 1.888.516.4504

RED ZONE: MEDICAL ALERT

- I can't catch my breath, even after talking to my nurse or doctor.
- Thinking changes or confusion.
- I wheeze or have chest tightness at rest.
- My chest pain doesn't go away, or comes back, even after taking 2 nitro pills.

STOP

Get help now!

RED ZONE MEANS:

You need to call

911 NOW !



Heart Failure Education

Key Elements

What is Heart Failure?

- Weakness of the heart muscle
- Other common names: Congestive Heart Failure, Water on the Lungs
- Chronic condition that requires lifelong treatment

Common Symptoms

- Hard time breathing
- Feeling weak and tired
- Swollen ankles, legs and/or belly (edema)
- Weight gain (water weight)

Symptoms to Report (Worse than Normal)

“Heart Failure Patient Action Plan” (Stop Light) – hang on refrigerator at home

- Weight gain (2 or more pounds in 1 day or 5 pounds in 5 days)
- Needing to sleep on extra pillows (or sitting in a chair) to breathe easily
- Harder time breathing than normal
- Chest pain (angina: heaviness, discomfort)
- More coughing than usual
- Swelling in the hands, ankles, feet or belly
- A very slow or fast pulse (heart rate)
- Unexplained side effects after taking medicine

Weight Monitoring

- Weigh yourself every day and write it down.
- Weigh at the same time every day, preferably as soon as you wake up.
- Wear the same amount of clothing.

Fluid Restriction

- Drink less than 2 Liters fluid per day (64 ounces or about 8 – 8 ounce glasses/day)

Nutrition Instruction (Diet)

- Limit sodium (salt) to less than 2 grams per day. Remove the salt shaker, use herbs and other seasonings instead
- Check the sodium (salt) content of food-Read Nutrition Labels
- Eat fresh fruits and vegetables (instead of canned)
- Eat fresh fish, poultry and meat (instead of canned or process meats)
- Snack on fresh fruits and vegetables (instead of chips and pretzels)
- Avoid salted crackers, frozen dinners and fast food

Medications

- Know your medications and what they are for. Take them as prescribed.

Activity Instructions

- Walking is best: Start slowly. Small frequent walks at first, then walk for longer periods of time.
- Rest for 30-60 minutes after meals before activity
- Avoid being outside when weather is very hot or very cold
- Always walk with someone for safety

Importance of Follow Up Appointments

Call the MultiCare Consulting Nurses with questions: **253-792-6300**
More information at www.Hearttalk.org

