

## CONGESTIVE HEART FAILURE TOOL FOR SYMPTOMS MANAGEMENT

### GREEN ZONE

#### UNDER CONTROL

##### YOUR GOAL:

- > Systolic Blood Pressure (SBP) less than 120 mmHg, Diastolic Blood Pressure (DBP) less than 80mmHg
- > Heart rate, pulse within 60 to 100 beats per minute for an adult
- > No decreasing in ability to maintain activity level

#### YOU ARE IN CONTROL

- > Symptoms are under control
- > Continue taking medications as ordered
- > Continue checking weight daily
- > Continue with low salt diet
- > Keep all medical appointments

### YELLOW ZONE

#### CAUTION

If you have any of the following signs and symptoms:

- > Gain 2 pounds in one day, or 3 or more pounds in 2 days
- > Increase cough
- > Increase swelling
- > Increase in shortness of breath
- > Increase the number of pillows while sleeping
- > Feeling uneasy, something is bothering you
- > Energy level decreases, feeling tired

#### TAKE ACTION TODAY

- > These symptoms may indicate that the medications need to be adjusted.
- > Call your physician, nurse coordinator, or home health nurse.

### RED ZONE

#### MEDICAL ALERT

If you have any of the following signs and symptoms:

- > Constant shortness of breath even at rest
- > Need to sleep on a chair sitting up
- > Weight gain or loss of more than 5 pounds in one week
- > Confusion or can't think clearly

Call your physician  
**IMMEDIATELY if you are having red zone Symptoms**

#### TAKE ACTION NOW

- > These symptoms may indicate that you need to be evaluated by a physician immediately.

Call your physician  
**IMMEDIATELY if you are having red zone Symptoms**

Physician Name:  
Physician #:

## CONGESTIVE HEART FAILURE TOOL FOR SYMPTOMS MANAGEMENT

### EVERY DAY

- > Weigh yourself without clothes early in the morning, after emptying the bladder and without eating or drinking. Record the results and take them to the doctor visits
- > Check your blood pressure and heart rate daily at the same time. Record them and take it to the doctor visits
- > Take your medications as prescribed
- > Symptoms; check for swelling in lower extremities (feet, ankle, legs and stomach)
- > Eat a low salt diet
- > Activity; get at least 30 minutes of physical activity 5 days/week, such as brisk walking (check with your physician before beginning any exercise program)

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