

Heart Failure Self-Management Plan

Name _____

Date _____

Every day: ☐ Weigh yourself in the morning ☐ Take your medications ☐ Eat low salt foods ☐ Balance activity with rest periods

Green Zone: All Clear



What this could mean:

- If you have:
- ✓ No shortness of breath
 - ✓ Weight gain less than two pounds (although a 1–2 pound gain may occur some days)
 - ✓ No swelling of your feet, ankles, legs, or stomach
 - ✓ No chest pain
 - ✓ Ability to do usual activities

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits
- ✓ Keep all physician appointments

Yellow Zone: Caution



What this could mean:

- If you have any of the following:
- ✓ A weight gain of two or more pounds in one day or 3–5 pounds in one week
 - ✓ Increased shortness of breath
 - ✓ Increased swelling of your feet, ankles, legs, or stomach
 - ✓ Fatigue or lack of energy
 - ✓ Dry hacking cough
 - ✓ Dizziness
 - ✓ An uneasy feeling—you know something is not right
 - ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows
 - ✓ New or frequent chest pain or tightness

- ✓ Your symptoms may indicate that you need an adjustment of your medications.
Call your home care nurse or primary care doctor and your cardiologist

Doctor: _____

Phone: _____

Instructions: _____

Cardiologist: _____

Phone: _____

Instructions: _____

If you notice a Yellow Zone Caution, work closely with your healthcare team.

Red Zone: Medical Alert! Stop and Think



What this could mean:

- If you:
- ✓ Are struggling to breathe or have unrelieved shortness of breath while sitting still
 - ✓ Have chest pain not relieved or reoccurs after taking three nitro tablets
 - ✓ Have confusion or can't think clearly

- ✓ You need to be evaluated by a healthcare professional immediately
- ✓ Call 9-1-1
- ✓ Notify your healthcare provider's office