

CONGESTIVE HEART FAILURE (CHF)

Zones for management

Customer name: _____ Your goal weight: _____

Green zone: All clear

- › No shortness of breath
- › No swelling
- › No weight gain
- › No chest pain
- › No decrease in your ability to maintain your current activity level

Yellow zone: Caution

- › Weight gain of two or more pounds overnight
- › Increased or persistent cough
- › Increased swelling in legs, feet or stomach
- › New or increase in shortness of breath at rest or with activity
- › Increase in the number of pillows needed in order to sleep comfortably
- › Increased fatigue and loss of energy

Red zone: Medical alert

- › Unrelieved shortness of breath
- › Unrelieved chest pain
- › Wheezing or chest tightness at rest
- › Need to sleep upright in a chair
- › Weight gain or loss of more than three pounds overnight or five pounds in five days
- › Heart pounding or racing



Green zone means:

- › Your symptoms are under control
- › Continue taking your medications as ordered
- › Continue daily weights
- › Follow your low-salt diet
- › **Keep all doctor appointments**



Yellow zone means:

- › Your symptoms may indicate that you need an adjustment of your medications
- › **Call your doctor or the 24-hour Nurse Line at 1-866-576-8773**

Name: _____

Phone number: _____



Red zone means:

This indicates that you need to be evaluated by a doctor. Call right away.

Name: _____

Phone number: _____



