

Self-Management Plan for Congestive Heart Failure



Care at Home™

Name _____ Date _____

Wake Forest Baptist Health Care at Home 24 hour phone: _____

Green Zone: All Clear	Green Zone Means:
<ul style="list-style-type: none"> ▶ No shortness of breath ▶ No swelling ▶ No weight gain ▶ No chest gain ▶ No decrease in your ability to maintain your activity level ▶ Have all prescriptions available 	<ul style="list-style-type: none"> ▶ Your symptoms are under control ▶ Continue taking your medications ▶ Continue daily weights ▶ Follow low salt diet ▶ Keep physician appointments
Yellow Zone: Caution	Yellow Zone Means:
<p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Weight gain of 3 or more pounds in 2 days or 5 pounds in 1 week ▶ Increased cough ▶ Increased swelling ▶ Increased in shortness of breath with activity ▶ Increased number of pillows needed ▶ Have less than 3 days of prescribed medications available ▶ Are not sure what medications to take today 	<ul style="list-style-type: none"> ▶ Your symptoms indicate that you need an adjustment in your medications ▶ Call your Care at Home nurse and/or your physician <p>Contact _____</p> <p>Phone Number _____</p> <p>(Please notify your Care at Home nurse if you contact or go see your MD)</p>
Red Zone: Medical Alert	Red Zone Means:
<p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Unrelieved shortness of breath—shortness of breath at rest ▶ Unrelieved chest pain ▶ Wheezing or chest tightness at rest ▶ Need to sit up in a chair to sleep ▶ Weight gain or loss of more than 5 pounds in 2 days ▶ Confusion or change in ability to speak complete sentences ▶ If it is harder for you to walk your usual distance ▶ Have taken wrong dose or missed a dose of medication today <p>Call your physician immediately if you are going into the RED zone</p>	<p>This indicates that you need to be evaluated by a physician right away</p> <p>Primary MD _____</p> <p>Phone Number _____</p> <p>Call your physician right away or call 911</p> <p>(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)</p>