

# Heart Failure Management ZONES

[Insert Agency Logo]

GREEN ZONE	YELLOW ZONE	RED ZONE
<p><b>All Clear (GOAL)</b></p> <ul style="list-style-type: none"> <li>• No shortness of breath</li> <li>• No swelling</li> <li>• No weight gain                             <ul style="list-style-type: none"> <li>○ Your goal weight: _____ pounds</li> </ul> </li> <li>• No chest pain</li> <li>• Able to do usual activities</li> </ul>	<p><b>Caution (Warning)</b></p> <p><b>If you have any of the following:</b></p> <ul style="list-style-type: none"> <li>• Short of breath with activity</li> <li>• Extra pillows needed to sleep</li> <li>• More coughing</li> <li>• 2-3 pound weight gain in one day or 5 pounds in one week                             <ul style="list-style-type: none"> <li>○ Other: _____</li> </ul> </li> <li>• Swelling of feet, ankles, or legs</li> <li>• Extra tired</li> </ul>	<p><b>Emergency</b></p> <ul style="list-style-type: none"> <li>• Short of breath all the time</li> <li>• Wheezing at rest</li> <li>• Must sit up to breathe</li> <li>• Chest pain or tightness that does not go away</li> <li>• More than 5 pound weight gain in one week                             <ul style="list-style-type: none"> <li>○ Other: _____</li> <li>○ Swelling of hands or face</li> </ul> </li> <li>• Confusion/anxiety</li> </ul>
<p><b>Doing Great!</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Actions:                             <ul style="list-style-type: none"> <li>○ Take medicines as ordered</li> <li>○ Weigh self every day</li> <li>○ Eat foods lower in salt</li> <li>○ Keep all doctor appointments</li> </ul> </li> </ul>	<p><b>Act Today!</b></p> <ul style="list-style-type: none"> <li>• You may need your medicines changed</li> <li>• Actions:                             <ul style="list-style-type: none"> <li>○ Call your <b>home health nurse</b></li> <li>_____</li> <li><i>(agency's phone number)</i></li> <li>○ Or call <b>your doctor</b></li> <li>_____</li> <li><i>(doctor's phone number)</i></li> </ul> </li> </ul>	<p><b>Act NOW!</b></p> <ul style="list-style-type: none"> <li>• You need to be seen by a doctor <u>right away</u></li> <li>• Actions:                             <ul style="list-style-type: none"> <li>○ <b>Call your doctor right away</b></li> <li>_____</li> <li><i>(doctor's phone number)</i></li> <li>○ <b>Or call 911</b></li> </ul> </li> </ul>

References: [AHA, 2012](#); [AHA, 2012](#); [Yancy, et al, 2013](#)



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