

Heart Failure Care Plan

«PatientFullName»

This Action Plan is a guide to help manage the signs and symptoms of heart failure. The three colors or “zones”: green, yellow and red help you decide what to do.



<p>Green means you're doing well! Symptoms are STABLE</p> <ul style="list-style-type: none"> No shortness of breath or you are at your baseline Your weight is stable You have little or no swelling or are at your baseline You are able to maintain your usual activity level You are not having chest pain 	<p>Action: Continue current medications; diet and activities</p>	
<p>Yellow means CAUTION; symptoms indicate that you may need to talk to your doctor</p> <ul style="list-style-type: none"> Increased shortness of breath not related to activity Trouble sleeping or using more pillows to breathe easier Sudden weight gain of ___ pounds in one day or ___ in one week Increased swelling of abdomen, feet, legs or ankles Decreased energy level, feeling very tired Other symptoms 	<p>Action: Start your yellow zone treatment plan</p> <p>Medication: _____ dose _____ when to take _____</p> <p>Medication: _____ dose _____ when to take _____</p> <p>Reduce fluids? Yes No</p> <p>Cut down on salt? Yes No</p> <p>Other instructions:</p>	
<p>Red means you may need help IMMEDIATELY! Symptoms are very unstable. You will need to be evaluated by a provider NOW if your yellow zone actions have not helped your symptoms improve</p> <ul style="list-style-type: none"> Very hard to breathe, even at rest Weight increase of ___ or more pounds in one day Wheezing, chest pain, or chest tightness at rest Severe weakness, dizziness or fatigue 	<p>Action: CALL YOUR PROVIDER</p> <p>This is a medical emergency. Do not treat yourself or wait to see if symptoms improve</p>	

BASELINES – Know what's normal for you!

Baselines help us track symptoms and recognize changes that are normal and not normal.

Weight: Write down your current weight or your dry weight (your weight when you do not have swelling). Indicate if your weight varies day to day. Examples of actions your doctor may recommend include taking extra water pills, cutting down on salt, or making an office visit.
My baseline weight is pounds _____. Comments

Swelling: Indicate when and where you notice swelling on a usual day. For example, you may notice swelling later in the day in your feet and ankles. Also be aware that swelling may occur in the abdomen and you may notice it if your belt or pants feel tight. Examples of actions are similar to weight gain (see above).

Shortness of Breath: Shortness of breath may occur at rest or with exertion. Indicate how far you can walk or climb stairs or perform an activity before you notice being short of breath. If you have increased shortness of breath, an example of an action plan may be a call to your doctor and /or a visit to your doctor.

Fatigue: Can mean having less energy, needing to take a nap at a certain time of day, or can occur with exertion like walking or climbing stairs. Increased fatigue may require a plan of action to call your doctor and/or a visit to your doctor.

Labs and Exam	Goal	My Results
Blood Pressure	Less than 140/90 Twice a year	«VitalsBloodPressure»
Fasting Blood Sugar	1 time per year	
Lipid Panel	LDL less than 100 or ____ Once a year	
Urinalysis		
Smoking Status	Stop Smoking	
Sodium Intake	DASH diet	
CMP	1-2 times a year	
Weight	Short-term goal _____	«VitalsWeight»
Flu Shot	Once a year	
EKG	Baseline	

«MedsCurrentWithSig»

The following medications were ordered: «MedsNewWithSig»

After hours phone number: 800.252.0693