

Congestive Heart Failure Management Guide

Medication Type	Name of Medications	How much to take	When to take it

GREEN ZONE: ALL CLEAR:
 Your Goal Weight: _____

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

GREEN ZONE ACTIONS:

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

YELLOW ZONE: CAUTION:
 If you have any of the following signs and symptoms:

- Weight gain of 3 or more pounds in 2 days
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in the number of pillows needed
- Anything else unusual that bothers you

Call your Home Health Nurse if you are going into the YELLOW zone

YELLOW ZONE ACTIONS:

- Your symptoms may indicate that you need an adjustment of your medications
- **CALL YOUR PHYSICIAN, NURSE COORDINATOR OR HOME HEALTH NURSE.**

NAME: _____

NUMBER: _____

INSTRUCTIONS: _____

RED ZONE: MEDICAL ALERT:

- Unrelieved shortness of breath shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds in 2 days
- Confusion

RED ZONE ACTIONS:
This indicates that you need to be evaluated by a physician right away

CALL YOUR PHYSICIAN IMMEDIATELY IF YOU ARE GOING INTO THE RED ZONE

Doctor: _____

Number: _____

IF UNABLE TO REACH DOCTOR CALL 911

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