

Heart Failure Control Plan

Your target weight:

Green Zone: All Clear

(means your symptoms are under control)

- No weight gain
- No swelling
- No missed doses of medicine
- No change in appetite

- No cough
- No shortness of breath with usual activity
- No shortness of breath while sleeping
- No chest pain

Yellow Zone: Caution

(means you need to call your home health nurse or your doctor to tell them about your symptoms)

Call: _____
at _____

- Weight gain of 2 to 3 pounds in one day or 5 pounds in a week
- Increased swelling of feet, ankles or stomach
- Missed one or more doses of medicine
- Some decrease in appetite

- Cough during the day or night
- Mild shortness of breath with usual activity but do not have to stop activity
- Have to use another pillow or raise head of bed to sleep
- Do not feel like doing normal activities but are able to do important things

Red Zone: Danger

(means you need to call your doctor immediately) Call:

Dr: _____
at _____
Dr: _____
at _____

- Weight gain of more than 5 pounds
- Severe swelling of feet, ankles or stomach
- Missed 2 or more doses of medicine
- More of a decrease in appetite

- Coughing worse during day or night
- Have to sit up or stand up to breathe easier
- Wake up during the night short of breath and sit up on side of bed to breathe easier
- Cannot do normal activities because of shortness of breath or being too tired

Emergency

If you feel like you are suffocating and cannot catch your breath – **CALL 911**