



## MY CHF ZONE TOOL AND ACTION PLAN

This plan should be discussed at each office visit and updated as needed.

The green, yellow and red zones show symptoms of CHF. The list of symptoms is not complete, and you may experience other symptoms. In the “Actions” column, there are recommended actions for you to take based on your symptoms by checking the appropriate boxes.

Green Zone: I am doing well today	Actions
<ul style="list-style-type: none"><li>• No shortness of breath</li><li>• Weight gain less than 2 pounds</li><li>• No swelling of feet, ankles, legs or stomach more than what is normal for you</li><li>• No chest pain</li><li>• Able to do usual activities</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Take daily medications</li><li><input type="checkbox"/> Weigh yourself every morning on the same scale with approximately the same amount of clothes</li><li><input type="checkbox"/> Balance activity and rest</li><li><input type="checkbox"/> Eat low-fat, low-salt, high-fiber foods</li><li><input type="checkbox"/> Check for swelling</li><li><input type="checkbox"/> Avoid smoking and alcohol</li><li><input type="checkbox"/> _____</li></ul>
Yellow Zone: I am having a bad day or a CHF flare	Actions
<ul style="list-style-type: none"><li>• More breathless than usual, especially with activity</li><li>• More swelling of feet, ankles, legs or stomach</li><li>• Weight gain of 3 pounds in one day or 5 pounds in one week</li><li>• Difficulty breathing when lying down</li><li>• Feeling the need to sleep up in a chair</li><li>• Feeling uneasy, you know something isn't right</li><li>• Dry, hacking cough</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Continue taking daily medications</li><li><input type="checkbox"/> Call provider – a change in medications may be necessary.</li></ul>
Red Zone: I need urgent medical care	Actions
<ul style="list-style-type: none"><li>• Shortness of breath that won't go away even at rest</li><li>• Wheezing and chest tightness at rest</li><li>• Chest pain that won't go away</li><li>• Gained or lost more than five pounds in two days</li><li>• Need to sit in a chair to sleep</li><li>• Experiencing confusion</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Call 911 or seek medical care immediately</li><li><input type="checkbox"/> While getting help, immediately do the following: _____</li></ul>