

HEART FAILURE ACTION PLAN

Name: _____

Date: _____

Doctor's Name: _____

Phone: _____

Emergency Contact: _____

Phone: _____

All Clear – This zone is my goal.

Actions to take

Green Zone Days

My symptoms are under control. I have:

- No shortness of breath.
- No weight gain.
- No increased swelling of feet, ankles, legs or stomach.

- I will take all my medicines as prescribed.
- I will keep my doctor appointments.
- I will continue to do what I have been doing to manage my heart failure.

CAUTION – This zone is a warning.

Actions to take

Yellow Zone Days

- I gained 3 pounds in 1 day or more than 5 pounds in 5 days.
- I am more short of breath. It is harder to breathe lying down.
- I have more swelling of my feet, ankles, legs and stomach.
- I am more tired. I have less energy.
- I have a dry, hacking cough.
- I am feeling uneasy. I know something is not right.

- I will call my doctor's office today.

Emergency – Call 911

Actions to take

Red Zone Days

- I am struggling to breathe.
- I have pain, tightness or heaviness in my chest.
- I am confused or cannot think clearly.

- I will call 911 for help right away.

Best Care for Heart Failure



- Keep your follow-up appointments with your doctor, cardiologist and the Heart Failure Clinic.
- Weigh yourself every morning. Report weight gains to your doctor, cardiologist or the Heart Failure Clinic.
- Take your medicines as your doctor has prescribed.
- Avoid NSAID medicines such as ibuprofen (Motrin[®], Advil[®]) and naproxen (Aleve[®]).
- Limit your sodium (salt) intake to 2,000 mg (1 tsp.) a day.
- Limit your fluid intake to 48 to 64 ounces (oz.) or 6-8 cups daily.
 - This is also 1,500- 2,000 mL a day.
 - This includes all drinks and foods that are liquid at room temperature.
- Discuss end of life care and make a plan. Write your wishes down.

Warning Signs for Heart Failure



Call you doctor if you have one or more of the following symptoms:

- Weight gain of 3 pounds in 1 day or 5 pounds or more in 5 days.
- More short of breath than usual.
- New or increased foot or ankle swelling.
- It is harder to breathe when you lay down.
- You need to sleep in a chair at night.
- You have a dry, hacking cough.
- Tiredness that lasts more than one day.
- Feeling anxious or uneasy.
- Dizziness or lightheadedness.

Call 911 if you have:

- Severe shortness of breath.
- Chest pain, tightness, heaviness or discomfort.
- Confusion or slurring of speech.

Tips for Healthy Living with Heart Failure



- Take your medicines as your doctor has prescribed.
- Maintain a heart healthy diet.
- Weigh yourself daily.
- Talk with your doctor before starting any new diets, medicines, vitamins or herbal supplements.
- Keep an updated list of your medicines with you. Include prescriptions, over the counter medicines and vitamins or herbal supplements. List drug name, how much and how often you take it. Update this list every time you go to the doctor, hospital or emergency room.
- If you smoke, quit. If you are ready to quit smoking, call (269) 341-7723.
- Get a flu shot every year and a pneumonia shot as indicated.