Follow up - Appointment within 48 to 72 hours after leaving the hospital. Date: ____________________

GREEN ZONE: ALL CLEAR

- My breathing is easy.
- I have no new or worsened swelling.
- My weight is stable.
- I can do everyday tasks.

YELLOW ZONE: CAUTION

- Weight gain (2 or more pounds in one day or 5 pounds in 5 days).
- I need more pillows to sleep, or I need to sleep in a chair.
- It's harder to breathe when doing everyday things.
- I have more swelling in my legs, feet and/or belly.
- Chest pain
- More coughing
- Any other unusual things that bother you.

RED ZONE: MEDICAL ALERT

- I can’t catch my breath, even after talking to my nurse or doctor.
- Thinking changes or confusion.
- I wheeze or have chest tightness at rest.
- My chest pain doesn’t go away, or comes back, even after taking 2 nitro pills.

GREEN ZONE MEANS:
- Your heart failure is stable.
- Keep taking your heart & water pills.
- Eat low-salt foods, less than 2,000 mg Sodium per day.
- Drink limited liquids, less than 64 fluid oz. or 2 liters per day.
- Go to your medical appointment.
- Weigh yourself every morning and write it down.

YELLOW ZONE MEANS:
- Your heart failure is not stable and your medications may need to be changed by your provider.

- Please call Home Health Heart Failure Service at 253.301.6400 or 1.888.516.4504

RED ZONE MEANS:
- You need to call

911 NOW!
Heart Failure Education
Key Elements

**What is Heart Failure?**
- Weakness of the heart muscle
- Other common names: Congestive Heart Failure, Water on the Lungs
- Chronic condition that requires lifelong treatment

**Common Symptoms**
- Hard time breathing – Swollen ankles, legs and/or belly (edema)
- Feeling weak and tired – Weight gain (water weight)

**Symptoms to Report (Worse than Normal)**
* “Heart Failure Patient Action Plan” (Stop Light) – hang on refrigerator at home
  - Weight gain (2 or more pounds in 1 day or 5 pounds in 5 days)
  - Needing to sleep on extra pillows (or sitting in a chair) to breathe easily
  - Harder time breathing than normal
  - Chest pain (angina: heaviness, discomfort)
  - More coughing than usual
  - Swelling in the hands, ankles, feet or belly
  - A very slow or fast pulse (heart rate)
  - Unexplained side effects after taking medicine

**Weight Monitoring**
- Weigh yourself every day and write it down.
- Weigh at the same time every day, preferably as soon as you wake up.
- Wear the same amount of clothing.

**Fluid Restriction**
- Drink less than 2 Liters fluid per day (64 ounces or about 8 – 8 ounce glasses/day)

**Nutrition Instruction (Diet)**
- Limit sodium (salt) to less than 2 grams per day. Remove the salt shaker, use herbs and other seasonings instead
- Check the sodium (salt) content of food-Read Nutrition Labels
- Eat fresh fruits and vegetables (instead of canned)
- Eat fresh fish, poultry and meat (instead of canned or process meats)
- Snack on fresh fruits and vegetables (instead of chips and pretzels)
- Avoid salted crackers, frozen dinners and fast food

**Medications**
- Know your medications and what they are for. Take them as prescribed.

**Activity Instructions**
- Walking is best: Start slowly. Small frequent walks at first, then walk for longer periods of time.
- Rest for 30-60 minutes after meals before activity
- Avoid being outside when weather is very hot or very cold
- Always walk with someone for safety

**Importance of Follow Up Appointments**
Call the MultiCare Consulting Nurses with questions: **253-792-6300**
More information at www.Hearttalk.org