



Patient Education Tools

Health Services Advisory Group (HSAG) developed downloadable zone tools for patients, created to assist patients and caregivers in managing a variety of common health conditions. Zone tools help patients recognize and understand the symptoms of their disease and how to respond at various stages, with sections for: Green Zone—All Clear; Yellow Zone— Caution; Red Zone—Medical Alert.

These one-page self-management tools, each in English and in Spanish, can be used across all healthcare settings, in or out of the hospital, in nursing homes, and with home health agencies. The tools can be used while teaching patients and given to the patient or caregiver to take home.

Zone tool topics available at: <http://www.hsag.com/zone-tools>

- Asthma
- Blood Thinner
- COPD
- COVID-19
- Diabetes
- Heart Disease
- Heart Failure
- Medications
- Pneumonia
- Sepsis
- Stroke
- Total Hip Replacement
- Total Knee Replacement
- Urinary System



Overview of Resources

| Form | Purpose | Rationale | Page |
|---|--|--|------|
| Heart Failure Self-Management Plan | This handout provides comprehensive interventions to symptoms that may arise associated with heart failure. | Heart failure is a chronic disease process, requiring patients to adhere to a complex treatment plan. This tool guides the patient as signs and symptoms of exacerbation occur. Patients can then take the appropriate measures. | 7.1 |
| Chronic Obstructive Pulmonary Disease (COPD) Self-Management Plan | This handout provides comprehensive interventions to symptoms that may arise associated with COPD. | COPD is a chronic disease requiring ongoing treatment. Many factors may trigger breathing issues. This tool helps guide the COPD patient after discharge and alerts the patient when they need to seek medical treatment. | 7.2 |
| Welcome to the Skilled Nursing Facility (SNF) Brochure | Patients may experience uncertainty as they transition from various levels of care. This brochure is customizable to each individual SNF. | Providing patients and families with the education regarding expectations within the SNF setting will aid in easing uncertainty that may arise as patients transfer through the various levels of care. This will help set clear expectations surrounding the SNF level of care. | 7.3 |

The information found in the zone tools is intended for educational purposes only. HSAG does not represent or guarantee that this information is applicable to any specific patient’s care or treatment. The content does not constitute medical advice from a physician and is not to be used as a substitute for treatment or advice from a practicing physician or other healthcare provider.