

# Heart Failure Self-Management Plan

Name \_\_\_\_\_ Date \_\_\_\_\_

Do not smoke; avoid secondhand smoke.

Every day:  Weigh yourself in the morning  Take your medications  Eat low salt foods  Balance activity with rest periods

## Green Zone: All Clear



### What this could mean:

- If you have:
- ✓ No shortness of breath
  - ✓ Weight gain less than two pounds (although a 1–2 pound gain may occur some days)
  - ✓ No swelling of your feet, ankles, legs, or stomach
  - ✓ No chest pain
  - ✓ Ability to do usual activities

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits
- ✓ Keep all physician appointments

## Yellow Zone: Caution



### What this could mean:

- If you have **any** of the following:
- ✓ A weight gain of two or more pounds in one day or 3–5 pounds in one week
  - ✓ Increased shortness of breath
  - ✓ Increased swelling of your feet, ankles, legs, or stomach
  - ✓ Fatigue or lack of energy
  - ✓ Dry hacking cough
  - ✓ Dizziness
  - ✓ An uneasy feeling—you know something is not right
  - ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows
  - ✓ New or frequent chest pain or tightness

- ✓ Your symptoms may indicate that you need a medication adjustment  
*Call your home care nurse or primary care doctor **and** your cardiologist*

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

Cardiologist: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

*If you notice a Yellow Zone Caution, work closely with your healthcare team*

## Red Zone: Medical Alert! Stop and Think



### What this could mean:

- If you:
- ✓ Are struggling to breathe or have unrelieved shortness of breath while sitting still
  - ✓ Have chest pain not relieved or reoccurs after taking three nitro tablets
  - ✓ Have confusion or can't think clearly

- ✓ **You need to be evaluated by a healthcare professional immediately**
- ✓ **Call 9-1-1**
- ✓ **Notify your healthcare provider's office**

Source: American Heart Association. <https://www.heart.org/en/health-topics/heart-failure>

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