

Heart Failure Daily Management Plan

<p style="text-align: center;">GREEN (All Clear)</p> <p>Your Dry Weight: _____</p> <ul style="list-style-type: none"> ❖ No unusual shortness of breath ❖ No new or increased swelling in ankles or lower legs ❖ Weight gain less than 3 pounds in 7 days ❖ No increased fatigue ❖ No decrease in your ability to maintain normal activity level 	<p style="text-align: center;">Green Instructions</p> <ul style="list-style-type: none"> ❖ You are doing a great job with self care! ❖ Continue taking your medications ❖ Weigh yourself daily and record your weight ❖ Follow a low-salt diet ❖ Follow your exercise plan ❖ Keep doctor appointments
<p style="text-align: center;">YELLOW (Caution)</p> <p>If you have any of the following signs or symptoms:</p> <ul style="list-style-type: none"> ❖ Increased weight of 3 pounds or more in 7 days or less ❖ Increased cough ❖ New or increased swelling in ankles or lower legs ❖ Increased shortness of breath with activity or at rest ❖ Increased number of pillows needed to sleep, or need to sleep in a chair ❖ You lose 3 or more pounds in a week and haven't increased your diuretic in the past few days ❖ You are vomiting and/or have diarrhea and are getting dehydrated ❖ Rapid, irregular, or very slow pulse 	<p style="text-align: center;">Yellow Instructions</p> <p>Call if you are in the YELLOW ZONE</p> <ul style="list-style-type: none"> ❖ Call your doctor to report your symptoms. You may need an adjustment in your medications or need to be seen. <p>Nurse: _____</p> <p>Phone # _____</p> <p>Team Nurse/Doctor: _____</p> <p>Phone # _____</p> <p>CMG Urgent Care Phone # _____</p> <p>CMG Urgent Care Address _____</p>
<p style="text-align: center;">RED (Medical Alert)</p> <ul style="list-style-type: none"> ❖ Shortness of breath that won't go away ❖ Chest pain that won't go away with usual medicines 	<p style="text-align: center;">Red Instructions</p> <p>This indicates that you need to be evaluated by a doctor right away. CALL 911.</p>



