

Heart Failure Stoplight Tool



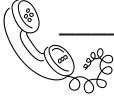

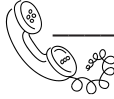




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Controlling heart failure at home

How do I feel today?

	 <p>Green zone You are in control.</p>	 <p>Yellow zone Take action today. Call:</p> <p> _____</p>	 <p>Red zone Take action now! Call:</p> <p> _____</p>
<p>Is my weight up? My healthy weight:</p> <p>_____</p> 	<p>No change in my weight.</p>	<p>My weight is up:</p> <ul style="list-style-type: none"> • 3 pounds overnight • 5 pounds since last week 	<p>My weight is up:</p> <ul style="list-style-type: none"> • 5 pounds overnight
<p>Do I have swelling?</p> 	<p>I do not have swelling.</p>	<p>I have swelling in my:</p> <ul style="list-style-type: none"> • Foot, ankle or shin • Knee or thigh 	<p>I have swelling in my:</p> <ul style="list-style-type: none"> • Belly – feels bloated or pants are tighter • Hands or face
<p>Am I short of breath?</p> 	<p>I do not feel short of breath:</p> <ul style="list-style-type: none"> • Breathing is normal • Sleep is normal 	<p>I feel short of breath or cough while:</p> <ul style="list-style-type: none"> • Walking or talking • Eating • Bathing or dressing <p>I need to use more pillows when I sleep.</p>	<p>I feel:</p> <ul style="list-style-type: none"> • Short of breath or wheeze at rest • Less alert <p>I need to sleep sitting up to breathe.</p>
<p>How is my energy level?</p> 	<p>My energy level is normal.</p>	<p>I am too tired to do most of my normal activities.</p>	<p>I am so tired that I can hardly do any of my normal activities.</p>
<p>My other signs of heart failure:</p>			<p>Chest pain or pressure that does not go away.</p>

My action plan for controlling heart failure at home

Things I can do:

- Ask “How do I feel today?”**
Do I have a problem with weight gain, swelling, breathing or my energy level?
- Weigh myself each day**
Weigh first thing in the morning (after I empty my bladder but before I eat or drink).
- Take my medicine**
- See my doctor**
- Eat a healthy, low-salt diet**
Limit salt to 2,000 mg a day
Limit liquid to 6 – 8 cups a day
(1 cup = 8 ounces)
- Get exercise each day**
- Know when to take action**
- Have a plan for getting help**
- Other ideas:**

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.