ZONE Tool: Heart Disease Management

*Also available in* [*other languages*](http://homehealthquality.org/Resources/Interactive-Tools/Public/ZONE-Tools-List.aspx)*.*

*References: Hinkle J.L.& Cheever K.H, 2018; AHA, 2015;* [*AHA*](http://www.heart.org/HEARTORG/Conditions/HeartFailure/WarningSignsforHeartFailure/Warning-Signs-of-Heart-Failure_UCM_002045_Article.jsp)*, 2012;* [*AHA*](http://www.heart.org/HEARTORG/Conditions/HeartFailure/PreventionTreatmentofHeartFailure/Physical-Changes-to-Report-for-Heart-Failure_UCM_306356_Article.jsp)*, 2012;* [*CDC*](http://www.cdc.gov/heartdisease/signs_symptoms.htm)*, 2013;* [*Yancy, et al*](http://circ.ahajournals.org/content/128/16/e240.short?rss=1&amp%3bssource=mfr)*, 2013*

| **GREEN ZONE** | **ALL CLEAR (GOAL)*** Breathing is easy
* No swelling of feet, ankles or legs
* Weight is stable
	+ Your goal weight: \_\_\_\_\_\_\_ pounds
* No chest pain
* Able to do usual activities
 | **Doing Great!*** Your symptoms are under control
* Actions:
	+ Take medicines as ordered
	+ Weigh yourself every day
	+ Maintain healthy weight
	+ Eat foods lower in salt
	+ Stop smoking
	+ Limit alcohol
	+ Keep all doctor appointments
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| **YELLOW ZONE** | **WARNING****If you have any of the following:*** Chest pain or discomfort
* Pain or discomfort in arms or shoulders
* Short of breath or coughing with activity
* Extra pillows to sleep
* 2-3 pound weight gain in one day or 5 pounds in a week
	+ Other
* Swelling of feet, ankles, or legs
* More tired
 | **Act Today!*** Take \_\_\_\_\_\_ nitro tablets with chest pain, if ordered
* You may need your medicines changed
* Actions:
* **Call your** **home health nurse:**

*(agency’s phone number)** + **Or call your doctor:**

*(doctor’s phone number)* |
| **RED ZONE** | **EMERGENCY*** Chest pain or tightness that does not go away
* Pain or discomfort in jaw, neck, or back
* Sweating or nausea
* Pain continues or comes back after taking nitro tablets *dose =*
* Trouble breathing at rest
* Must sit up to breathe
* More than 5 pound weight gain in a week
* Swelling of hands or face or neck
* Weak, lightheaded, or faint
* Women: stomach and/or upper back pain
 | **Act NOW!*** You need to be seen by a doctor right away!
* Actions:
	+ **Call your doctor:**

*(doctor’s phone number)** **Or call 911 or go to the Emergency Department.**
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