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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