ZONE Tool:
Heart Failure Management

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

| **GREEN ZONE** | **ALL CLEAR (GOAL)*** No shortness of breath
* No swelling
* No weight gain
	+ 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
	+ Eat foods lower in salt
	+ Keep all doctor appointments
 |
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| **YELLOW ZONE** | **WARNING****If you have any of the following:*** Short of breath with activity
* Extra pillows needed to sleep
* More coughing
* 2-3 pound weight gain in one day or 5 pounds in one week
	+ Other: \_\_\_\_\_\_\_\_\_\_\_\_
* Swelling of feet, ankles, or legs
* Extra tired
 | **Act Today!*** 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*** Short of breath all the time
* Wheezing at rest
* Must sit up to breathe
* Chest pain or tightness that does not go away
* More than 5 pound weight gain in one week
	+ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Swelling of hands or face
* Confusion/anxiety
 | **Act NOW!*** You need to be seen by a doctor right away!
* Actions:
	+ **Call your doctor right away:**

*(doctor’s phone number)** **Or call 911 if this is an emergency situation.**
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*References: Hinkle J.L.& Cheever K.H, 2018;* [*Yancy, et al*](https://www.ahajournals.org/doi/full/10.1161/CIR.0000000000000509)*., 2017;* [*Yancy, et al*](http://circ.ahajournals.org/content/128/16/e240.short?rss=1&amp%3bssource=mfr)*, 2013*

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