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 |
| --- | --- | --- |
| **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.** |

*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*

*This material was prepared by Quality Insights, the Medicare Quality Innovation Network-Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication number 11SOW-WV-HH-MMD-041419*