



CHF Risk Management Guide

GREEN ZONE = GOOD	GREEN ZONE MEANS
<p>No shortness of breath.</p> <p>No swelling.</p> <p>No weight gain.</p> <p>No chest pain.</p> <p>No decrease in your ability to maintain your activity level.</p>	<p>Your symptoms are under control.</p> <p>Continue taking your medications as ordered Home.</p> <p>Follow low salt diet.</p> <p>Keep your Home Care Nurse appointments.</p> <p><i>Keep Physician Appointments</i></p>
YELLOW ZONE = CAUTION	YELLOW ZONE MEANS
<p>If you have any of the following signs or symptoms:</p> <p>Increased weight (3 pounds in 2 days).</p> <p>Increased cough.</p> <p>Increased swelling.</p> <p>Increased shortness of breath with activity.</p> <p>Increased number of pillows needed to sleep.</p> <p>Anything else unusual that bothers you.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;">Your Goal Weight:</div>	<p>Your symptoms may indicate that you may need an adjustment in your medications.</p> <p> Call your Home Health Nurse: 24 HOUR HOTLINE HOME HEALTH CARE SOLUTIONS 877-718-1306</p> <p><i>(Please notify your Home Care Nurse if you contact or go see your MD)</i></p>
RED ZONE = EMERGENCY	RED ZONE MEANS
<p>Unrelieved shortness of breath.</p> <p>Unrelieved chest pain.</p> <p>Wheezing or chest tightness at rest.</p> <p>Need to sit in chair to sleep.</p> <p>Weight gain or loss of more than 5 pounds in 2 days.</p> <p>Confusion.</p>	<p>This indicates that you need to be evaluated by your physician right away.</p> <p>Primary MD: _____</p> <p> Phone Number: _____</p> <p><i>(Please notify your Home Care Nurse if you go to the emergency room or are hospitalized)</i></p>

PHONE: (877-718-1306) FAX ONLY-PHYSICIAN ORDERS: (855-718-1309)

This is a standard guideline for CHF Management for HHCS patient education purposes. Always follow your physicians orders pertaining to your care.