

# Heart Failure Patient Action Plan

### Excellent - keep up the good work! My symptoms: My actions: · My weight is stable · Keep taking your heart & water pills as directed. · I have no new or worsening shortness of breath **GREEN** and no chest pains Eat low-salt foods, goal is than **ZONE** 2,000 mg sodium per day. · Physical activity level is normal for me Drink limited liquids, 64 fluid oz. I feel well · My feet and legs look normal for me or 2 liters per day. · No new or worsening swelling · Weigh yourself daily and write it down. Go to your medical appointments for follow up care. The provider managing your heart failure is: \_ Pay attention; be cautious. My symptoms: My actions: • I have had a weight gain of more than 2 pounds · Your symptoms may indicate **YELLOW** in a 24 hour period I feel some new or worsening worsening heart failure ZONE shortness of breath with activity Please call your doctor's office or · I have a new dry, hacking cough or wet, your heart failure doctor's nurse wheezing cough I do not feel well · I see increased swelling of my legs, feet and ankles You may · I see or feel discomfort or swelling in my belly need to step up treatment I have more trouble sleeping or lying flat

### Medical alert – you need to be evaluated right away!

### RED ZONE

I need to get help now

### My symptoms:

- I am having chest pain or shortness of breath at rest
- I noticed an increase in discomfort or swelling in my lower body and/or my belly
- I am having more trouble sleeping;
   I can't lie flat
- I have noticed a loss of appetite;
   I have new or worsening dizziness,
   confusion, sadness or depression
- I have a cough that is worse dry hacking or a wet wheezing sound
- My weight has suddenly gone up by more than 2 pounds in a 24 hour period or more than 5 pounds this week

### My actions:

- · Get help now.
- · Call your doctor or 911.

# STOP! Get help now. Call your doctor or 911.



# How do I feel today?

# Feeling indicator: Mark the color you are feeling each day

		Good Day	Bad Day Worse Day			
	•••	•••	•••			•••
BP HR Weight						
BP HR Weight						
BP HR Weight						
	•••	•••	•••	•••	•••	•••
BP HR Weight						
BP HR Weight						

Weighing daily helps you to track your fluid and prevent re admission.