

Heart Failure Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of heart failure. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE.</p> <p>Your heart failure symptoms are well controlled.</p>	<p>Continue to:</p> <ul style="list-style-type: none"> • Take your current medications. • Maintain a healthy diet. • Participate in activities.
YELLOW	<p>Yellow means CAUTION.</p> <p>Your symptoms indicate you may need to talk with your provider.</p>	<p>Start your yellow treatment plan.</p> <p>1. Medication name: _____ Dose: _____</p> <p>2. Medication name: _____ Dose: _____</p> <p>3. Reduce fluids? YES _____ NO _____</p> <p>4. Cut down salt? YES _____ NO _____</p> <p>5. Provider's instructions: _____ _____</p>
RED	<p>Red means you may need help IMMEDIATELY! Symptoms are unstable.</p> <p>You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<ul style="list-style-type: none"> • Call your provider <p>This is a medical emergency. If appropriate, call 911. Do not try to treat yourself or wait to see if symptoms improve.</p>

Lower Your Risk of Heart Failure Complications

Communicating with your provider and knowing what is normal for you is important for successful self-management.

Track weight

Write down your current weight or your dry weight (your weight when you do not have swelling). Indicate if your weight varies day to day. For relief, your provider may recommend extra water pills, cutting down salt or making an office visit.

My baseline weight is

_____.

Monitor swelling

Keep track of when and where you notice swelling during the day. For example, feet and ankles may swell later in the day. Be aware swelling may occur in other areas too (hands, abdomen, face). For relief, your provider may recommend extra water pills, cutting down salt or making an office visit.

Shortness of breath

This may occur during rest or with exertion. Record how far you can walk, climb stairs or perform an activity before you notice being short of breath. If you experience worsening shortness of breath or more frequent symptoms, a call or visit to your provider may be needed.

My baseline activity level for shortness of breath is

_____.

Track fatigue

Individuals with heart failure can have decreased energy or increased fatigue by doing simple activities like walking or climbing a few stairs, and feel an increased need to take a nap during the day. If you experience increased fatigue, a call or visit to your provider may be needed.

My baseline activity level for fatigue is

_____.

Exercise

Talk with your provider about the amount and type of exercise you should engage in. The amount of exercise will be determined by your stage of heart failure.

Recommended exercise is

_____.

Take medications

Follow your provider's directions for taking medications. Let your provider know if symptoms persist, if you experience side effects or if there is no improvement.

Get support

Living with heart failure is a life altering experience. Consider joining a support group or talking with friends and family who can offer you additional support when you need it.

Make a plan

Create an action plan so you know when you need to seek medical help. Follow your provider's instructions if your symptoms should suddenly get worse.

Important Information

Current medications:

Medication allergies:

Pharmacy phone number:

Provider's information:

