

CONGESTIVE HEART FAILURE SYMPTOM MANAGEMENT

Primary Care Physician's name _____ Phone number _____
 Cardiologist's name _____ Phone number _____

If you have several symptoms in a category, follow the steps in the "What to do" box.

Green Zone: All Clear	Yellow Zone: Caution	Red Zone: Medical Alert
<ul style="list-style-type: none"> ❖ No shortness of breath ❖ No cough ❖ No weight gain ❖ No change in energy level ❖ No change in alertness and orientation; "clear as a bell" ❖ No change in appetite ❖ No change in heart rate ❖ No change in urination 	<ul style="list-style-type: none"> ❖ Short of breath with exertion, when lying flat or when trying to sleep – shortness of breath may wake you up at night; Sleeping with more pillows ❖ Dry, hacking cough ❖ Weight gain of 2 lbs in 1 day ❖ More tired, low energy ❖ Have trouble concentrating; fuzzy ❖ Decrease or change in appetite ❖ Racing or irregular heartbeats; feel lightheaded or dizzy ❖ Increased urination ❖ Tight shoes; swelling in legs 	<ul style="list-style-type: none"> ❖ Short of breath when sitting still ❖ Wet cough, wheezing ❖ Sudden weight gain or loss (more than 5 lbs in a day) ❖ Extreme fatigue and no energy ❖ Mental confusion, trouble concentrating ❖ Loss of appetite; feel full or sick to one's stomach ❖ Chest pain (Call your doctor right away to be seen) ❖ Frequent urination; especially at night ❖ Unable to wear shoes
What to do	What to do	What to do
<ul style="list-style-type: none"> ❖ Your symptoms are under control. ❖ Keep taking your medications as ordered. ❖ Continue daily weights ❖ Follow a low-salt diet ❖ Keep all doctor appointments. ❖ Call your doctor if you note any changes. 	<ul style="list-style-type: none"> ❖ Your symptoms indicate your doctor needs to review your condition. Your doctor may adjust your medications. ❖ Call your doctor. Request an appointment as soon as possible within the next 2 days. 	<ul style="list-style-type: none"> ❖ Your symptoms indicate you need attention right away. ❖ Call your doctor right away. Request to be seen within the next 4 hours.

Recommendations from your Doctor

Dry weight _____