

Heart Failure Self-Management Action Plan

Heart Failure Monitoring: Weigh yourself daily in the morning after emptying your bladder and record weights.

- Dry Weight: _____

Heart Failure Action Plan:

Green Zone: Doing Well	<p>You are in the Green Zone if:</p> <ul style="list-style-type: none"> • You have no shortness of breath, no swelling, no weight gain, no chest pain, or no decrease in your ability to maintain your activity level <p>The Green Zone means that your symptoms are under control, and you should:</p> <ul style="list-style-type: none"> • Continue taking your medications as ordered • Continue weighing yourself daily • Follow your 2-gram sodium diet and fluid restrictions • Keep all your doctor and blood draw appointments
Yellow Zone: Caution-Call Your Doctor	<p>You are in the Yellow Zone if you have any of the following:</p> <ul style="list-style-type: none"> • Weight gain: 2 pounds or more in a day, or 4 pounds or more in one week • New cough or wheezing • Shortness of breath with activity • Decrease in urine output • Change in your appetite (you are eating less but not losing weight) • Worsening tiredness • Increased swelling in your ankles, feet, or belly (abdomen) • Trouble breathing when lying flat (need to sit in chair or use more pillows to sleep) <p>Call the Central Nurse Triage Line at 734-998-2020 and select the symptom prompt available 24/7.</p>
Red Zone: Call 911	<p>Call 911 immediately if you have any of the following:</p> <ul style="list-style-type: none"> • Chest tightness at rest • Unrelieved chest pain • Persistent, severe cough or wheezing • Confusion • Fainting spell • Shortness of breath when you are at rest

How do I contact my Care Navigator?

If you would like to discuss your Heart Failure Self-Management Action Plan, please contact your Care Navigator:

- General Medicine: 734-998-2020
- Family Medicine: 734-539-5000
- Med Peds: 734-647-5670
- Geriatrics: 734-764-6831

If you are calling after hours, need to discuss symptoms, or your concern is urgent, please call the appropriate number from the list above number and select the “symptom” prompt to speak with a triage nurse. This nurse line is open to assist you with symptoms 24 hours a day, 7 days a week, 365 days a year.

If at any time you feel that your symptoms are severe, please call 911 or go to your local ER.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Reviewers: UMMG Best Practice Committee and Nursing Supervisor for Care Navigation group

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