

Recommendations for Patients with Congestive Heart Failure (CHF)

<p>Every Day CHF Zone</p>	<p>EVERY DAY:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning, after going to the bathroom and before breakfast • Write down the date and your weight • Take your medicine as prescribed • Check for swelling in your legs, ankles, feet • Eat foods prepared with low salt (low sodium). Don't add salt at the table • Follow fluid restriction as recommended by your doctor or nurse • Avoid prepared, processed and packaged food • Balance activity with rest • Keep walking or join a cardiac rehabilitation program <p>Which Heart Failure Zone are you today? GREEN YELLOW or RED</p>
<p>Green Zone</p>	<p>ALL CLEAR: This zone is your goal</p> <ul style="list-style-type: none"> • No increase in shortness of breath • No weight gain (your weight remains the same) • No swelling of your legs, ankles, feet • No chest pain • No unusual feelings of fatigue, dizziness, or confusion <p><i>Ask your doctor or nurse about getting an annual flu shot</i></p>
<p>Yellow Zone</p>	<p>CAUTION: This zone is a warning</p> <p>Call your doctor or nurse if you have ANY of the following:</p> <ul style="list-style-type: none"> • Weight gain of 2 pounds in 2 days • Shortness of breath that is worse than usual • Swelling (edema) becomes worse in your legs, ankles, feet • New fatigue, or increased fatigue which is not relieved by rest • Fever of 38 °C (100.4 °F) or above • New or increased difficulty breathing when lying down • Increase in the number of pillows needed • Any dizziness or lightheadedness • Wheezing that is new or worse than usual
<p>Red Zone</p>	<p>EMERGENCY:</p> <p>Go to the EMERGENCY DEPARTMENT or CALL 911 if you have ANY of the following:</p> <ul style="list-style-type: none"> • New chest pain, or chest pain that is much worse than usual • Shortness of breath that is much worse than usual • Confusion, not able to think clearly • Severe dizziness or fainting