Hoag Heart Failure Management Tool

Every day

- Weigh yourself in the morning after urinating and before breakfast
- Record your weight
- Take your medication as prescribed
- Limit salt to 2,000 mg of sodium each day
- Look for swelling in your feet, ankles and abdomen
- Balance your daily activities with rest
- Limit fluids per your doctor’s recommendations

Green zone

This is where you want to be

- No shortness of breath or trouble breathing
- No weight gain of more than 2 lbs in one day or 5 lbs in one week
- No swelling in your feet, ankles or stomach
- No chest pain or discomfort

If each point is true, no action is needed.

Yellow zone

Call your doctor today

- Early signs:
  - Weight gain of 2 lbs in one day or 5 lbs in a week
  - Increased swelling of your feet, ankles or abdomen
  - Increased shortness of breath when lying down
- Worsening shortness of breath at rest or with activity
- Feeling more tired or a sudden decrease in your ability to do your usual activities
- Persistent cough or chest congestion

If your answer is yes to one or more of these points, call your doctor’s office today.

Red zone

Emergency; call 9-1-1

- You are struggling to breathe and it does not go away when you sit up
- You have chest pain or chest discomfort
- You have new confusion or can’t think clearly
- You are fainting or near fainting

If you have any of these symptoms, call 9-1-1 immediately.

Continued on reverse
Home to-do list

☐ Pick up prescriptions at your pharmacy
☐ Establish morning weighing routine
☐ Verify your follow-up appointments
☐ Familiarize yourself with the “Hoag Heart Failure Management Tool”

If you have any questions, please contact:

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Report symptoms to:

Physician: ____________________________________________

Phone: ______________________________________________

hoag.org/heartfailure