Lemon-AID
Medical Management

HEART FAILURE ACTION PLAN

This plan tells you what to watch for every day and exactly what to do when something changes. Keep it where you keep your scale, and bring it to every appointment. Most heart failure hospital stays are preventable if fluid build-up is caught early — that is what this plan is for.

Name of Patient (Printed) _____

Date of Birth _____

Date This Plan Was Set _____

MY CARE TEAM

Primary Care Provider _____

Office / After-Hours Phone _____

Cardiologist _____

Care Manager _____

Care Manager Phone _____

Preferred Pharmacy _____

WHAT TO DO EVERY DAY

- WEIGH YOURSELF every morning, after you use the bathroom, before you eat, wearing the same amount of clothing, on the same scale. Write it down. This is the single most important thing on this page — your weight changes before you feel anything.
- CHECK YOUR BLOOD PRESSURE AND PULSE, and check which zone you are in below. Write all of it down.
- TAKE YOUR MEDICATIONS exactly as prescribed, including on days you feel well.
- LIMIT SALT to less than 2,000 mg of sodium a day. Most of it comes from packaged food, canned soup, deli meat, and restaurant meals — not the salt shaker. Read labels.
- WATCH YOUR FLUIDS if your provider has given you a limit. My daily fluid limit is: _____ ounces per day, or _____ no limit set.
- STAY ACTIVE at the level your provider has approved, and balance activity with rest.

My baseline (dry) weight _____ pounds

My weight goal range _____ to _____ pounds

My usual blood pressure _____ / _____

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DAILY WEIGHT, BLOOD PRESSURE, AND ZONE LOG

Write your weight down every morning, even on days nothing has changed. Compare it with yesterday and with your baseline weight above: 2 pounds up from yesterday, or 5 pounds up from your baseline, means you are in the yellow zone and should take action today.

Date	Weight (lb)	Blood Pressure	Pulse	Zone (G / Y / R)	Notes
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			
		____ / ____			

MY ZONES

GREEN ZONE — I AM DOING WELL. CARRY ON.

- My weight is at or near my baseline weight
- No new or worse shortness of breath
- No new or increased swelling in my feet, ankles, legs, or belly
- I can do my usual activities
- I sleep flat, or on my usual number of pillows

WHAT TO DO: Keep taking your medications, weighing daily, limiting salt, staying active, and keeping your follow-up appointments.

YELLOW ZONE — CAUTION. MY BODY IS HOLDING FLUID. TAKE ACTION TODAY.

I have gained 2 POUNDS IN 2 DAYS, or 5 POUNDS IN 5 DAYS.

Or I have any of the following:

- Shortness of breath that is worse than usual, especially with activity
- A dry, hacking cough
- More swelling in my legs, feet, or ankles, or in my belly — clothes and shoes feeling tight
- Needing more pillows than usual to sleep, or waking up short of breath
- Feeling more tired or weak than usual, or new dizziness
- Less appetite, or feeling full quickly

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WHAT TO DO — FOLLOW THESE FOUR STEPS:

STEP 1. Take your blood pressure and pulse, write them down, and call your care manager or provider.

STEP 2. Take your rescue diuretic dose as written below. Do not take more than double your usual dose, and do not do this for more than the number of days written below without speaking to us.

STEP 3. Keep checking your weight, blood pressure, and pulse at home, and write them down.

STEP 4. Make a follow-up appointment with your provider.

RED ZONE — EMERGENCY. CALL 911 NOW.

- Struggling to breathe, or short of breath while sitting still
- Chest pain or pressure that does not go away
- Confusion, or not being able to think clearly
- Fainting, or nearly fainting
- Coughing up pink, frothy sputum
- A fast or irregular heartbeat with dizziness or shortness of breath

Do not drive yourself. Call 911.

MY RESCUE DIURETIC PLAN

A diuretic — a fluid pill — helps your body get rid of the extra fluid and salt that builds up in your lungs, belly, legs, ankles, and feet. You take it every day to keep fluid from building up. If your weight shows fluid is building up, taking an extra or larger dose for a short time can pull that fluid off, help you feel better, and keep you out of the hospital.

My usual daily diuretic and dose	_____
My rescue dose	_____
How many days I may take the rescue dose	_____ days
Who to call before I start it	_____

Only increase your diuretic if this plan tells you to, and never increase it by more than double your usual dose. Call us before you start and call us again if you are not back to your baseline weight after the number of days written above.

WHILE YOU ARE TAKING THE RESCUE DOSE:

- Check your weight, blood pressure, and pulse every day and write them down
- Expect to urinate more than usual — plan around it and stay near a bathroom
- Call us about dizziness on standing, muscle cramps, or unusual weakness — these can mean you have lost too much fluid or that your potassium is off

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- Do not take over-the-counter anti-inflammatory medicines such as ibuprofen, naproxen, or products containing them. They make heart failure worse and work against your diuretic.
- You may need a blood test a few days after increasing your dose to check your kidneys and potassium

FOLLOW-UP

Close follow-up is part of the treatment. Plan on being seen at least once every three months, and sooner after a medication change, a hospital stay, or any time you have been in the yellow zone.

My next appointment _____ / _____ / _____ Time: _____

Next lab work due _____

Reviewed with patient by: _____ Date: _____ / _____ / _____

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