



Hamilton Cardiology Associates

HEART FAILURE ZONES FOR SELF MANAGEMENT

WEIGH YOURSELF DAILY - SAME TIME - SAME SCALE - SAME CLOTHES

<p><u>GREEN ZONE: All Clear</u></p> <p>Your Goal Weight: _____</p> <ul style="list-style-type: none"> • No shortness of breath • No swelling • No weight gain • No chest pain • No decrease in your ability to maintain your activity level 	<p><u>GREEN ZONE MEANS:</u></p> <ul style="list-style-type: none"> • Your symptoms are under control • Continue taking your medications ordered • Continue daily weights • Follow low salt diet
<p><u>YELLOW ZONE: CAUTION</u></p> <ul style="list-style-type: none"> • Weight gain of 3 or more pounds in 2 days • Increased cough • Increased swelling • Increase in shortness of breath with activity • Increase in the number of pillows needed • Anything else unusual that bothers you 	<p><u>YELLOW ZONE MEANS:</u></p> <ul style="list-style-type: none"> • Your symptoms may indicate that you need an adjustment to your medications • Call your physician <p>Name: _____</p> <p>Number: <u>609-584-1212</u></p> <p>Instructions: _____</p> <p>_____</p> <p>_____</p>
<p><u>RED ZONE: MEDICAL ALERT</u></p> <ul style="list-style-type: none"> • Unrelieved shortness of breath: shortness of breath at rest • Unrelieved chest pain • Wheezing or chest tightness at rest • Need to sit in chair to sleep • Weight gain or loss of more than 5 pounds in 2 days • Confusion <p>Call your physician immediately if you are going in to the RED Zone.</p>	<p><u>RED ZONE MEANS:</u></p> <p>This indicates that you need to be evaluated by a physician right away</p> <p>CALL YOUR PHYSICIAN RIGHT AWAY</p> <p>Physician: _____</p> <p>Number: <u>609-584-1212</u></p>

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