

# 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.**

## 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:



**Lisa Kuecker, FNP-BC, CHFN**  
Nurse Practitioner  
949-764-5384



**Mason Champieux, BSN, RN**  
Heart Failure Nurse Navigator  
949-764-5961

## Report symptoms to:

Physician: \_\_\_\_\_

Phone: \_\_\_\_\_



Jeffrey M. Carlton  
Heart & Vascular Institute

[hoag.org/heartfailure](https://www.hoag.org/heartfailure)