



Patient Stoplight Chart



CHF



Place Patient Label with Barcode Here

How I Might Feel and What to Do:

Action Plan, What to do Every Day!

- Weigh yourself before breakfast every day and write it down
- Be active according to your exercise plan
- Take your medications as prescribed
- Eat according to your diet plan such as low salt and/or fluid restriction
- Attend all follow up doctor/clinic appointments

Green Light: All Clear - This zone is your goal!

- I do not have more swelling
- I am not more short of breath
- I have not gained weight suddenly
- I have no chest pain



Your symptoms are under control. Go to your scheduled follow up Doctor/NP/Clinic appointments.

Yellow Light: Caution - This zone is a warning!

- I have noticed some more swelling
- I am coughing more
- I need an extra pillow at night to sleep
- I have gained weight quickly this week
- Chest pain relieved with Nitroglycerin? Yes No
- I become lightheaded or weak at times? Yes No



You may need to change your medication or be seen by your Doctor/NP/Clinic. Call your Doctor/NP/Clinic for instructions.

Red Light: Emergency - This zone means act fast!

- My swelling is not getting better or is getting worse after a medication change
- I am coughing even more
- I am short of breath at rest or I feel I can't catch my breath anytime
- I need to sleep in a chair
- I am wheezing and/or have chest tightness when I am resting
- I feel confused or disoriented at times



Call your Doctor/NP/Clinic **today** to report symptoms and request an appointment.

If you cannot get an immediate appointment, go to your nearest Emergency Department.

*****CALL 911 if you are having chest pain unrelieved by Nitroglycerin.*****

