



## Cardiac Care Action Plan

<p>Green Zone:</p> <ul style="list-style-type: none"> <li>• Feeling well</li> <li>• Breathing easy</li> <li>• No change in Activity level</li> <li>• Weight is stable</li> </ul>	<p>All Clear</p>	<ul style="list-style-type: none"> <li>• Keep up the good work</li> <li>• Continue current treatment and monitoring</li> </ul>
<p>Yellow Zone:</p> <ul style="list-style-type: none"> <li>• Weight gain of 2 lbs. in 1 day or 5lbs in 1 week</li> <li>• Increase swelling</li> <li>• Increased shortness of breath with activity</li> <li>• Sleeping on more pillows at night to breathe easier</li> <li>• Generally, not feeling well</li> </ul>	<p>Caution</p>	<ul style="list-style-type: none"> <li>• You may need a medication adjustment</li> <li>• Call your IPR Healthcare nurse for instructions</li> </ul>
<p>Red Zone:</p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• You have wheezing or chest tightness at rest</li> <li>• Weight is up more than 5 lbs. in a day</li> <li>• Dizziness or fainting</li> <li>• Symptoms are severe</li> </ul>	<p>STOP – Get help now!</p>	<ul style="list-style-type: none"> <li>• Call your IPR Healthcare nurse ASAP or 911</li> </ul>