



**AQUINAS HOME HEALTH**

## Congestive Heart Failure Self-Management Program Zone Management:



### Green Zone

- Maintaining current weight
- No increase in shortness of breath
- No increased edema
- No chest pain
- Able to maintain normal activity



### Yellow Zone

- Gain of 3 pounds or more in 3 days
- Increased shortness of breath
- Need for additional pillows when resting
- Increased fatigue



### Red Zone

- Gain of 5 pounds or more in 3 days
- Unrelieved shortness of breath
- Need to sit up in chair to be able to rest
- Wheezing or chest tightness

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**[AquinasHomeHealth.com](http://AquinasHomeHealth.com)**

Our mission is to provide quality health care based on best practices and evaluated by outcomes. We partner with patients and families to develop a patient specific plan of care which enables them to age in place



## Congestive Heart Failure Self-Management Program

**“Listen to, follow  
and manage  
your heart”**

Find out more about us:  
[AquinasHomeHealth.com](http://AquinasHomeHealth.com)



**AQUINAS HOME HEALTH**

## **Congestive Heart Failure Self-Management Program**

### **Objective**

Aquinas' CHF Self-management program was created to provide cardiac programming, clinical support, staff/patient education, and competency evaluation/training to caregivers in the home setting.

### **Overview**

Aquinas' CHF self-management program is a comprehensive cardiac care program, that when initiated, provides improved healthcare outcomes to patients with heart failure. Aquinas' CHF self-management program gives the patients and caregivers the tools to recognize symptoms and take the appropriate action to decrease the risk of exacerbations, increasing quality of life, increasing health literacy and preventing unnecessary rehospitalizations. The transitional component of Aquinas' CHF self-management program allows the patients to be followed in the home setting.

### **Aquinas' CHF Clinical Support Services**

- Patient Evaluation
- CHF Disease Education
- Zone Management
- Nutrition Education
- CHF Symptom and Weight Tracking
- Cardiac Medication Education & Reconciliation
- Care Plan Support
- Oxygen Education
- Energy Conservation



### **Assist patients to set goals for self-management of CHF. Things for patients to consider when setting goals:**

- Wait 1 hour after a meal before exercising
- Avoid extreme temperatures (hot/humid, cold/windy)
- Plan the day with few expectations and pace yourself.
- Perform the most challenging tasks when at your best
- Keep a daily record to help chart your progress
- Plan activities to allow for periods of rest for 20-30 minutes twice or three times a day
- Space multiple activities so your heart is not overloaded or overworked
- Plan to elevate your legs/feet when resting or sitting