## CARDIAC SUPPORTIVE AND PALLIATIVE CARE PROGRAM MANAGEMENT ZONES

### GREEN ZONE (ALL CLEAR)

- No weight gain.
- No swelling.
- No shortness of breath.
- No chest pain.
- Normal activity level.

**If you are in the Green Zone:**
- Your symptoms are under control.

**What you should do:**
- Take your medications as prescribed.
- Continue to weigh yourself daily.
- Continue to follow a low-salt diet and fluid restrictions.
- Attend your regular medical appointments.
- Continue to follow a low-salt diet and fluid restrictions.

### YELLOW ZONE (CAUTION!)

- Weight gain of more than two pounds in one day or five pounds in one week.
- Increased cough.
- Shortness of breath.
- Waking up at night with shortness of breath.
- Needing extra pillows to sleep comfortably.
- Increased swelling of the hands or feet, or stomach bloating.
- Anything unusual that bothers you.

**If you are in the Yellow Zone:**
- Your medications may need to be adjusted.

**What you should do:**
- Call the Heart Institute Cardiac Supportive and Palliative Care nurse at 613-696-7414, ext. 2.
- Call the Heart Institute nursing coordinator at 613-696-7000 (press 0).

### RED ZONE (ALERT!)

- Shortness of breath not relieved with rest.
- Wheezing or chest tightness at rest.
- Needing to sit in a chair to sleep.
- Feeling confused or disoriented.

**What you must do if you are in the Red Zone:**
- See your doctor right away.

**Available resources to call (see below):**
- Heart Institute Cardiac Supportive and Palliative Care nurse
- Heart Institute nursing coordinator
- Home and Community Care Support Services care coordinator
- Primary care provider
- Ottawa community paramedic
- If this is within your goals of care, please go to your nearest emergency department. Bring this paper with you.

### TIPS FOR STAYING HEALTHY AT HOME

- Day-to-day weight gain is usually fluid gain, not calories.
- Follow a low-salt diet and stay within the fluid restrictions prescribed by your doctor.
- Choose an activity that you enjoy and aim for 30 minutes of movement a day.

**HOME AND COMMUNITY CARE SUPPORT SERVICES (HCCSS) CARE COORDINATOR:**

Ottawa community paramedic:

Primary care provider:

Palliative care specialist (community palliative care provider):

Pharmacy:

Power of attorney/substitute decision-maker:

For more information please visit ottawaheart.ca/palliative-care