

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.

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
- If the office is closed, 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.



Day-to-day weight gain is usually fluid gain, not calories.

TIPS FOR STAYING HEALTHY AT HOME



Understand your medications and take them as directed.



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.

NUMBERS TO CALL

Heart Institute Cardiac Supportive and Palliative Care nurse
(Monday to Friday, 8 a.m. – 4 p.m.)
613-696-7414, ext. 2

Nursing coordinator
(After hours)
613-696-7000, ext. 0

Heart Institute Cardiac Supportive and Palliative Care physician
613-696-7414, ext. 1

The Heart Institute Cardiac Supportive and Palliative Care Program is a specialized outpatient clinic for patients diagnosed with advanced cardiac disease and their caregivers. The Program focuses on symptom management, self-care strategies, caregiver support, goals of care discussions, and more.

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:
