


CARDIAC SUPPORTIVE AND PALLIATIVE CARE PROGRAM MANAGEMENT ZONES

<ul style="list-style-type: none"> • No weight gain. • No swelling. • No shortness of breath. • No chest pain. • Normal activity level. 	<p>If you are in the Green Zone:</p> <ul style="list-style-type: none"> • Your symptoms are under control. <p>What you should do:</p> <ul style="list-style-type: none"> • 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.
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<ul style="list-style-type: none"> • 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. 	<p>If you are in the Yellow Zone:</p> <ul style="list-style-type: none"> • Your medications may need to be adjusted. <p>What you should do:</p> <ul style="list-style-type: none"> • 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).
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RED ZONE (ALERT!)	
<ul style="list-style-type: none"> • 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. 	<p>What you must do if you are in the Red Zone:</p> <ul style="list-style-type: none"> • See your doctor right away. • Available resources to call (see below): <ul style="list-style-type: none"> – 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:
