

McLaren Print System Order

Order No: 42199 Reprint Previous Order No: 12354
 Order Date: 2019-01-24
 User: susan jackson
 Phone: 8103425370

Ship Location: McLaren Pulmonary Rehab
 G 3230 Beecher Road lower level
 Flint, Michigan 48532,

Forms

Quantity: 50
 Paragon Dept No: 40110
 Dept Name: Pulmonary Rehab
 Company Number: 60

Order Total Price: 10.00

Item Number: M-28032
 Item Description: Heart Failure Zone
 Revision Date: 7/2015
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Misc Info:

Heart Failure Zone

Everyday	<p>Everyday:</p> <ul style="list-style-type: none"> weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight. Take your medicine as prescribed. Check for swelling in your feet, ankles, legs, and stomach. Eat low salt food. Balance activity and rest periods. Complete home exercise program. <p>Which Heart Failure Zone are you today? GREEN, YELLOW or RED?</p>	
Green Zone	<p>Green Zone = "All Clear"</p> <ul style="list-style-type: none"> No cough, chest tightness or shortness of breath during the day or night. No decrease in your ability to maintain normal activity. 	<p>Green Zone Means:</p> <ul style="list-style-type: none"> Your symptoms are under control. Continue taking your medications as ordered. Follow a low salt diet. Continue your exercise plan. Keep all physician appointments.
Yellow Zone	<p>Yellow Zone = "Caution"</p> <ul style="list-style-type: none"> Increased swelling of ankles or feet. Increased shortness of breath with activity. Weight loss or gain of 3 pounds. Feet of 100/70 F (small) or 95/50 F (large) your arm! Increased number of pillows needed to sleep or need to sleep in a chair. Anything else unusual that bothers you. 	<p>Yellow Zone Means:</p> <ul style="list-style-type: none"> Your symptoms indicate that you may need an adjustment in your medication. Call your Homecare Nurse and/or your physician. <p>Primary Physician: _____ Physician Phone Number: _____</p> <p>Note: Please notify your Homecare Nurse if you contact or go see your physician.</p>
Red Zone	<p>Red Zone = "Medical Alert"</p> <ul style="list-style-type: none"> Continued shortness of breath. Continued chest pain. Wheezing or chest tightness. Increased irregular heart beat. Change in color of your skin, nail beds or lips to gray or blue. Altered changes. Chest pain or pain that worsens. Dizziness or sweating when you breathe or cough. <p>In An Emergency Situation Call 9-1-1</p>	<p>Red Zone Means:</p> <ul style="list-style-type: none"> This indicates that you need to be evaluated by a physician right away. Call your physician or call 9-1-1. <p>Primary Physician: _____ Physician Phone Number: _____ Agency Phone Number: _____</p> <p>Note: Please notify your Homecare Nurse if you go to the emergency room or are hospitalized.</p>