

COPD Zones for Management

Green Zone: All Clear

Your Goal O2 saturation:

- Able to do usual activities
- No new symptoms
- No chest pain
- Your usual medications are controlling your symptoms

Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue activity as tolerated
- Keep all physician appointments

Yellow Zone: Caution

If you have any of the following signs and symptoms:

- Increased cough and / or sputum production
- Increased in shortness of breath with usual activity level
- Increase in the amount of quick relief medications used
- Change in usual energy level: increase in either fatigue or restlessness
- Anything else unusual that bothers you

Call your home health nurse if you are going into the YELLOW zone

Yellow Zone Means:

- Your symptoms may indicate that you need an adjustment of your medications

Call your home health nurse.

Name: _____

Number: _____

Instructions: _____

Red Zone: Medical Alert

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds
- Confusion

Call your physician immediately if you are going into the RED zone

Red Zone Means:

This indicates that you need to be evaluated by a physician right away

Call your physician right away

Physician: _____

Number: _____

Congestive Heart Failure Zones for Management

Green Zone: All Clear

Your Goal Weight:

- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in your ability to maintain your activity level

Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue daily weights
- Follow low-salt diet
- Keep all physician appointments

Yellow Zone: Caution

If you have any of the following signs and symptoms:

- Weight gain of 3 or more pounds
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in the number of pillows needed
- Anything else unusual that bothers you

Call your home health nurse if you are going into the YELLOW zone

Yellow Zone Means:

- Your symptoms may indicate that you need an adjustment of your medications

Call your home health nurse.

Name: _____

Number: _____

Instructions: _____

Red Zone: Medical Alert

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds
- Confusion

Call your physician immediately if you are going into the RED zone

Red Zone Means:

This indicates that you need to be evaluated by a physician right away

Call your physician right away

Physician: _____

Number: _____