

Self-Management Plan for Respiratory Disease



Care at Home™

Name _____ Date _____

Wake Forest Baptist Health Care at Home 24 hour phone: _____

Green Zone: All Clear	Green Zone Means:
<ul style="list-style-type: none"> ▶ No shortness of breath ▶ No need to increase use of your rescue inhalers ▶ No decrease in your ability to maintain normal activity level ▶ Have all prescriptions available 	<ul style="list-style-type: none"> ▶ Your symptoms are under control ▶ Continue taking your medications ▶ Continue using your inhaler and/or nebulizer ▶ Keep your Care at Home nurse appointments ▶ Keep physician appointments
Yellow Zone: Caution	Yellow Zone Means:
<p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Increased shortness of breath, which is relieved within 15 minutes of rest ▶ Increased cough and/or your mucus changes in color, consistency or amount ▶ Increased shortness of breath with activity ▶ Increased tiredness without any reason ▶ Irritability, confusion and/or headaches ▶ Increased number of pillows needed to sleep or need to sleep in a chair ▶ You have a temperature of 100.5° or greater ▶ Are not sure what medications to take today 	<ul style="list-style-type: none"> ▶ Your symptoms indicate that you may need an adjustment in your medications and/or treatments ▶ You may have a respiratory infection ▶ Call your Care at Home nurse and/or your physician <p>Contact _____</p> <p>Phone Number _____</p> <p>(Please notify your Care at Home nurse if you contact or go see your MD)</p>
Red Zone: Medical Alert	Red Zone Means:
<p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Unrelieved shortness of breath even after taking medication and treatments ▶ Increased confusion ▶ Wheezing or chest tightness at rest ▶ You have trouble walking ▶ Mental changes or you have trouble staying awake ▶ Your lips or fingernails are blue or gray ▶ Do not have all prescribed medications ▶ Have taken wrong dose or missed a dose of medication today <p>Call your physician immediately if you are going into the RED zone</p>	<p>This indicates that you need to be evaluated by a physician right away</p> <p>Primary MD _____</p> <p>Phone Number _____</p> <p>Call your physician right away or call 911</p> <p>(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)</p>