

Patient Name:

MY ACTION PLAN

You have recently been discharged from the hospital and are now being closely monitored at home.

You are being managed by a clinical team of a nurse practitioner and a registered nurse that will be providing you in-home care. The action plan below provides guidance on when we want to hear from you using our 24/7 phone number.

YellowZone: I am not feeling well or I have new symptoms

Call Advocate Health at Home 1-800-564-2025 immediately if you experience any of these readings or symptoms:

- **Oxygen level less than _____%**
- Blood pressure:
 - Systolic (top number) is 160 or greater or 90 or less
 - Diastolic (bottom number) is less than 60 or greater than 90
- Heart rate less than 60 or greater than 100
- Fever greater or equal to 100.5 and/or experiencing shaking/chills
 - Increased or new shortness of breath
- Increased or new fatigue or drowsiness
- Difficulty thinking, concentrating, or change in mood
- Swelling in legs/arms
- Decreased appetite or unable to drink fluids,
- No bowel movement in 3 days, no urine output in 4 hours, or new diarrhea,
- **You took a medication from the symptom relief kit.**

ACTIONS

- ☐ Check your Oxygen levels four times per day at **6:00 a.m., 12:00 p.m., 6:00 p.m., and 10:00 p.m.** every day and call the nurse to report abnormal readings
- ☐ Continue to take your daily medications
- ☐ Use Oxygen as directed (if prescribed by your provider)

RedZone: Call 911

- Severe shortness of breath even at rest
- Not able to do any activity because of breathing
- Not able to sleep because of breathing
- Chest pains
- Coughing up blood
- Oxygen levels less than 90% measured for 5 minutes

ACTIONS

- ☐ Call 911 or seek medical care immediately
- ☐ While getting help, sit down and remain calm

GreenZone: I am feeling well today

- Usual activity and exercise level
- Breathing is normal for you
- Sleeping well at night
- Appetite is normal for you

ACTIONS

- ☐ Take daily medications as indicated
- ☐ Continue regular exercise and diet plan

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