

# Atrial Fibrillation Zones

Which Atrial Fibrillation Zone are you today - **GREEN, YELLOW, or RED?**

Safe  
Zone

**Everything is OK – This zone is your goal!**

- Your symptoms are under control, and you have heart rate (pulse) less than 100 beats per minute.

**Action:** It is safe to stay home if you are feeling okay. Continue to follow your self-care plan.

Caution  
Zone

**CAUTION – This zone is a warning.**

**You notice a change in your symptoms.**

**Call your Health Care Provider if you have any of the following:**

- You do not feel better after 12-24 hours.
- Your palpitations (feelings of a racing heart) are significantly worse than usual.
- You feel more short of breath than usual.
- You feel more tired and don't have the energy to do your usual daily activities.
- You feel lightheaded or dizzy, and this is new for you.
- You feel uneasy, like something does not feel right.
- You feel side effects from a medication that treats your AF are intolerable.

**Action:** 1. Ask yourself, "Are you following your self-care plan?"

2. Call your health care provider: \_\_\_\_\_

Telephone: \_\_\_\_\_

Danger  
Zone

**EMERGENCY – This zone means *act fast*.**

**Go to the emergency room or call 911 if you have any of the following:**

- You have significant chest pain that does not go away with rest or medicine.
- You have fainted, or feel like you are going to faint.
- You have significant shortness of breath and are struggling to breathe.
- You are having trouble thinking clearly or are feeling confused.
- You are having signs of a stroke (see next page).

**Action: Go to the emergency room or call 9-1-1 right away.**

# Atrial Fibrillation Self-Care Plan

Atrial Fibrillation Plan for \_\_\_\_\_  
(Name)

## Your treatment goal

- Control your heart rate.
- Stay in sinus rhythm.

## Your heart rate (pulse)

- Count your pulse. Ask your health care provider to show you how to do this.
- Your target pulse is \_\_\_\_\_.

## Your blood pressure

- Check your blood pressure. Ask your health care provider to show you how to do this.
- Your target blood pressure is \_\_\_\_\_.

## Medications

- Medications are important to treat the symptoms of atrial fibrillation.
- It is important to take your medications as prescribed.
- If you think you need to change your medications or are considering homeopathic treatment for atrial fibrillation, please speak to your healthcare provider first.

## Stroke Warning Signs

- Know the following signs of a stroke:
  - Sudden numbness, weakness, or paralysis (inability to move) in the face, arm or leg, usually on one side of the body
  - Difficulty speaking or trouble understanding others
  - Sudden blurred vision or double vision
  - Dizziness, loss of balance or loss of coordination
  - Sudden, severe headache

***If you think you are having a stroke, call 9-1-1 right away.***

This material has been reviewed and approved by patients, families and staff.

