## **Patient Education Tools**

Health Services Advisory Group (HSAG) developed downloadable zone tools for patients, created to assist patients and caregivers in managing a variety of common health conditions. Zone tools help patients recognize and understand the symptoms of their disease and how to respond at various stages, with sections for: Green Zone-All Clear; Yellow Zone-Caution; Red Zone-Medical Alert.

These one-page self-management tools, each in English and in Spanish, can be used across all healthcare settings, in or out of the hospital, in nursing homes, and with home health agencies. The tools can be used while teaching patients and given to the patient or caregiver to take home.

## Zone tool topics available at:

**Quality Improvement** Organizations Sharing Knowledge. Improving Health Care. CENTERS FOR MEDICARE & MEDICAID SERVICES

- Asthma •
- Blood Thinner
- COPD
- Medications
- COVID-19
- Pneumonia Sepsis

with COPD.

Heart Disease

Heart Failure

- Stroke
  - Total Hip Replacement
  - Total Knee Replacement

http://www.hsag.com/zone-tools

• Urinary System



**Overview of Resources** 

|  | Form  | Purpose   | Rationale   | Page |
|--|---|---|---|------|
|  | Heart Failure Self-<br>Management Plan                                      | This handout provides<br>comprehensive<br>interventions to symptoms<br>that may arise associated<br>with heart failure. | Heart failure is a chronic disease process,<br>requiring patients to adhere to a complex<br>treatment plan.<br>This tool guides the patient as signs and<br>symptoms of exacerbation occur. Patients can<br>then take the appropriate measures. | 7.1  |
|  | Chronic Obstructive<br>Pulmonary Disease<br>(COPD) Self-<br>Management Plan | This handout provides<br>comprehensive<br>interventions to symptoms<br>that may arise associated                        | COPD is a chronic disease requiring ongoing<br>treatment. Many factors may trigger breathing<br>issues. This tool helps guide the COPD patient<br>after discharge and alerts the patient when they  | 7.2  |

The information found in the zone tools is intended for educational purposes only. HSAG does not represent or guarantee that this information is applicable to any specific patient's care or treatment. The content does not constitute medical advice from a physician and is not to be used as a substitute for treatment or advice from a practicing physician or other healthcare provider.

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need to seek medical treatment.





