

Ventricular Assist Device (VAD) ZONES

Check this guide every day to help you make decisions on when and who to contact if you have concerns.

TWICE PER DAY

- Record your VAD vital signs
- Record your temperature
- Record your blood pressure

ONCE PER DAY

- Record your weight before breakfast
- Assess your dressing for redness, drainage, pain, bad smell, or blood

SAFE ZONE

- Normal Range (this varies for each patient, please discuss with the VAD nurse)
- Mean Arterial Pressure (MAP) 60 to 85
- You may not get a blood pressure
- No Hazard or Advisory alarms
- Temperature below 37.6 °C (99.6 °F)
- You are breathing comfortably
- No weight gain more than 4 pounds (2 kg) in 2 days or 5 pounds (2.5 kg) in 1 week.
- Belly, feet and ankles appear normal
- No redness, increased drainage, odour or, pain at exit site

Plan: Continue to monitor your VAD vitals

CAUTION ZONE

- VAD vitals are abnormal, or trending differently for you
- You get a blood pressure reading for the first time
- Your driveline got pulled
- You have redness, more drainage, pain, bad smell or blood at the area where your drive line exits your belly
- You feel dizzy, more tired, more short of breath
- Gain more than 4lbs (2kg) over 2 days in a row or 5lbs (2.5kg) in 1 week
- Swelling in feet, ankles or legs, bloating in the belly
- You experienced a VAD advisory alarm
- Temperature of 37.6 or greater

Plan: Call the VAD Nurse at _____ Monday – Friday 7:30am to 3:30pm.
After hours, holidays and weekend call the **EMERGENCY HOTLINE** at 604-250-2658

DANGER ZONE

- You think you need to go to the Emergency Room
- You have fallen or have difficulty standing
- VAD Hazard alarm
- You are struggling to breathe
- You feel unwell and you are unsure of your symptoms
- Look for signs of a Stroke:
 - New severe headache with or without nausea
 - Not thinking clearly
 - Struggling to breathe

Plan: Call 604-250-2658 **or** have someone drive to the emergency room **or** call 911