Cardiac Partners Living Well with Heart Failure

A Guide to Good Health





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What is Heart Failure?



Heart failure is a condition in which the heart can't pump enough blood to meet the body's needs. In some cases, the heart can't fill with enough blood. In other cases, the heart can't pump blood to the rest of the body with enough force. Some people have both problems.

The term "heart failure" doesn't mean that your heart has stopped or is about to stop working. However, heart failure is a serious condition that requires lifestyle changes and continued medical care.

OVERVIEW

Heart failure develops over time as the heart's pumping action grows weaker. The condition can affect just the right side of the heart, or it can affect both sides of the heart. Most cases involve both sides of the heart. Right-side heart failure occurs if the heart can't pump enough blood to the lungs to pick up oxygen. Left-side heart failure occurs if the heart can't pump enough oxygen-rich blood to the rest of the body. Right-side heart failure may cause fluid to build up in the feet, ankles, legs, liver, abdomen, and the veins in the neck. Right-side and left-side heart failure also may cause shortness of breath and fatigue (tiredness). The leading causes of heart failure are diseases that damage the heart. Examples include coronary artery disease, high blood pressure and diabetes.

OUTLOOK

Heart failure is a very common condition. About 5.8 million people in the United States have heart failure.

Both children and adults can have the condition, although the symptoms and treatments differ. This booklet focuses on heart failure in adults.

Currently, heart failure has no cure. However, treatments—such as medicines and lifestyle changes—can help people who have the condition live longer and more active lives. It is important to learn about heart failure, how to manage it, and when to call your doctor. Partnering with your healthcare providers will help you live well with heart failure.

Managing heart failure is a partnership between you and your healthcare team.

Managing Heart Failure



Learning to recognize the following symptoms of Heart Failure will help you take quick action and stay healthy:

- Unexpected or rapid weight gain:
 Gain of 2-3 pounds in 24 hours or 4-5 pounds in a week not associated with eating too much
- Weakness or fatigue:
- You may not feel well rested in the morning and have a feeling that daily activities seem harder to do than they used to
- Dizziness or faintness. Swelling of legs, ankles or feet:
- Shoes or socks may feel tight
- Swelling or pain in the abdomen:
- Feeling bloated, waistband on pants seems tight
- Increased trips to the bathroom at night (more often than usual)
- Trouble sleeping:
- Waking up short of breath
- Using more pillows so you are sleeping in an upright position
- Frequent dry hacking cough
- Chest pain
- Unexpected shortness of breath not related to exercise or exertion. Brought about by:
- Lying flat
- Sleeping (wakes you in the middle of the night)
- Performing routine activities such as laundry or grocery shopping

	MY WARNING SYMPTOMS ————————————————————————————————————	
1.		
3.		
O		

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Your Medicine is Important



- Keep a list of your medicines:
- Include: name, dose and how many times a day you take each one
- Include over the counter medicines, vitamins, herbal remedies and supplements
- Keep a copy of the list in your wallet or purse
- Don't forget to update the list if your medicines change
- Take this list with you to every doctor appointment
- Know WHEN and HOW to take your medicines. Be sure to follow the instructions given to you by your doctor or pharmacist. If you do not understand, ASK for more information
- Be aware of possible side effects of your medicine. If you experience any side effects, tell your doctor
- Use a pillbox—this prevents you from missing a dose or taking a double dose. This will help you take the right dose of medicines at the right time
- Take only the dose of medicine prescribed for you by your doctor at the same time every day, even if you feel fine! Do not take more or less without first talking with your doctor
- Talk to your doctor before starting a new over-the-counter medicine, vitamin or supplement
- If you forget to take your medicine, do not try to catch up by taking more than one dose at a time. If two or more doses are missed, call your pharmacist or doctor for instructions to get back on schedule
- Reorder medicines when you are down to a one-week supply
- Store your medicines safely and keep them out of reach of children and pets. Medicines should be stored in a cool dry place and out of direct sunlight



Medication and Lifestyle



- 1. Sometimes I forget to take my medicine
- 2. Sometimes I run out of my medicine
- **3.** Sometimes I skipped or stopped taking a medicine because I didn't think it was working
- **4.** Sometimes I skipped or stopped taking a medicine because of how it made me feel
- **5.** Sometimes I stopped taking a medicine(s) because of the cost
- **6.** Sometimes I skipped or stopped taking a medicine because I was concerned about becoming addicted to the medicine
- 7. Sometimes I skipped doses, or stopped taking a medicine because I had to take the medicine too often during the day
- **8.** Sometimes I stopped taking the medicine because the strength or how often to take the medicine kept changing
- **9.** Sometimes I stopped taking a medicine because I didn't know the purpose of the medicine



Medicines that can Increase Fall Risk



DIURETICS

Examples: Lasix, Bumex, Diazide, Aldactone

- Used to help your body get rid of extra fluid
- If you are to take twice a day—take the second dose in the afternoon
- Ask your doctor if you should take a potassium supplement
- Side effects may include: dizziness, dry mouth, ringing in the ears and low potassium

ACE INHIBITORS

Examples: Accupril, Vasotec, Zestril, Capoten

- Makes it easier for your heart to pump blood and for you to be more active.
 They also lower blood pressure and may help you live longer
- ACE Inhibitors can keep the body from losing potassium. If taking an ACE Inhibitor, avoid salt substitutes that contain potassium
- Side effects can be: dry cough, dizziness and swelling of face

BETA-BLOCKERS

Examples: Coreg, Lopressor Toprol-XL, Bisoprol

- Over time, Beta-Blockers will help your heart work better and stronger. They may slow your heart rate and lower your blood pressure
- In people with diabetes, Beta-Blockers may block signs of low blood sugar, such as a fast heartbeat. It is important to monitor your blood sugar on a regular basis
- Do not stop taking this medicine suddenly. Do so only under the direction of your doctor
- Be careful when getting up to prevent falls
- Many people feel tired when they first start taking this medicine (this will go away). Discuss this with your doctor; don't stop taking your medicine
- Side effects may include: dizziness, slow heartbeat, drowsiness, blood sugar changes and dry eyes

DIGOXIN

Examples: Lanoxin

- Helps make the heart beat stronger and at a more regular rhythm
- Alert your doctor if you pulse rate falls below 60 or above 110 beats
- Side effects may include: irregular heart rate, nausea, vomiting, diarrhea, visual disturbances such as blurred vision and yellow, green or white halos around objects

Low Sodium Diet



Your body can retain extra sodium when you have heart failure. Sodium causes extra fluid to build up in your body. This can cause swelling in your ankles, feet and abdomen, shortness of breath and weight gain.

- Limit your daily sodium intake to 2000 mg per day
- Sodium and salt are the same thing
- 2000 mg of sodium is equal to one teaspoon of salt
- Stop adding salt to your food
- Only use salt substitutes if your doctor tells you it is OK to do so
- Learn how to read food labels so you know how much sodium you are eating
- Many processed foods are very high in sodium, but do not always taste salty! Learn how to read food labels so you will be able to track how much sodium (or salt) is in the food you eat.

Nutrit Serving Size 10		n Fa	acts
Amount Per Se	rving		
Calories 250	(Calories f	rom fat 10
		% Da	ily Value*
Total Fat 4%			4%
Saturated Fa	t 1.5	%	4%
Trans Fat			
Cholesterol 50)mg		28%
Sodium 150mg]		15%
Total Carbohy	drate	10g	3%
Dietary Fiber	· 5g		
Sugars 3g			
Protein 16%			
Vitamin A 19	′o ■	Vitami	n C 3%
Calcium 2%		Iron 2%	, o

your calorie needs.

Always check the label to see how many portions (servings) are in a container and how much sodium is in each portion (serving).

Limit the quantity of food you eat that has more than **250 milligrams of sodium per serving**.

Your Perceived Exertion



The Rating of Perceived Exertion (RPE) scale is used to measure the intensity of your activities. The numbers (0-10) relate to phrases used to describe how easy or difficult you find an activity. For example, 0.5 (very, very light) would be how you feel when sitting in a chair; a rating of 10 (maximal) would be how you feel when you are putting forth the most effort you can possibly give.

In most cases, you should be doing activities at a level that feels 3 (moderate) to 4 (somewhat hard).

RATING	DESCRIPTION			
0	NOTHING			
0.5	VERY, VERY LIGHT			
1	VERY LIGHT			
2	LIGHT			
3	MODERATE			
4	SOMEWHAT HARD			
5	LIADD			
6	HARD			
7	VEDVILADD			
8	VERY HARD			
9	VERY, VERY HARD			
10	MAXIMAL			

If you are having more shortness of breath or your level of exertion is higher than usual for an activity, notify your health care provider.

Managing your Breathing



PURSED LIP BREATHING

This is one of the simplest ways to control your breathing. This technique keeps the airways open longer. Shortness of breath and the overall work of breathing are reduced.

WHEN TO PERFORM THIS TECHNIQUE

- During the difficult part of any activity (bending, lifting, etc.)
- To recover more quickly once the effort is over.

HOW TO PERFORM PURSED LIP BREATHING

- Breathe in slowly through your nose for 2 counts, keeping your mouth closed
- Pucker or "purse" your lips in a whistling position and breathe out slowly for 4 counts
- Use enough pressure to make a sound but do not force exhaling
- Stay relaxed and exhale at least twice as long as when you inhale

DIAPHRAGMATIC BREATHING

This technique takes practice and training but over time it will strengthen your diaphragm to make breathing easier.

- Start by placing one hand on your belly just below the ribs and the other hand on the upper part of your chest
- Breathe in through your nose so that your belly moves out against your hand as far as it will go. Keep the other hand on your chest which should be as still as possible
- As you breathe out slowly and fully through pursed lips, press your belly inward with your hand
- Keep your chest still so that it is your diaphragm that does the work of breathing

Conserving Your Energy



PLAN AHEAD

- Spread tasks evenly over the day or week
- Delegate tasks to others and accept offers of help from family and friends
- Plan to do harder tasks after resting or spaced between easier ones

BALANCE ACTIVITY & REST

- Take a rest break before you get tired you will recover more quickly
- Plan when to take a rest break before you start an activity
- Work at a slower pace to sustain your energy over time

ALTER THE TASK

- Sit rather than stand whenever possible
- Break the task up into smaller parts and rest in between
- Simplify cook quick meals and/or buy prepared meals, buy wrinkle-free clothing, use a dust mop that has been dampened with cleaner, etc

ADAPT THE ENVIRONMENT

- Place items used frequently in easy-to-reach places
- Have supplies handy in more than one place to save trips
- Store items between waist and chest level for optimal work zone

EQUIPMENT

- Use long-handled equipment to reduce bending over or reaching up
- A shower chair or bench can allow you to rest while taking a shower
- Use a crock-pot, microwave, food processor, etc. for meal preparation

TIPS FOR YOU ON CONSERVING ENERGY:					

Exercise and Activity



People living with heart failure can maintain and improve their well-being by staying active. Activity increases your independence and physical strength. It may even improve your heart's function.

TIPS AND GUIDELINES FOR ACTIVITY

- The key to becoming more active is to begin slowly and gradually
- Wear walking shoes that have good support and fit comfortably
- Always warm up (walk for 5 minutes) and cool down (slowly decrease the intensity of the activity)
- Never hold your breath when exercising
- Do not exercise on either an empty or full stomach. Wait one hour after a light meal to exercise
- Avoid outdoor activity when colder than 40° F or warmer than 80° F
- Perform exercise at the time of day when you have the most energy. For most heart failure patients this is in the morning

QUANTITY AND INTENSITY OF EXERCISE

- The goal is to accumulate at least 30 minutes of activity each day. This can be broken up into three 10-minute blocks
- You should never become short of breath when doing exercise
- While exercising you should be able to carry on a conversation
- The day after you are more active, you may feel more tired than usual. Talk to your doctor or nurse if this lasts longer than a day
- When doing a strengthening exercise, it should not be so difficult that you have to strain

STRETCHING

Always stretch when your muscles are warm, such as after you exercise. Hold each stretch for at least 30 seconds. Never stretch to the point of pain.

OVEREXERTION

During activity watch for signs such as:

- Shortness of breath that does not get better when you decrease or stop the activity
- Dizziness or light headedness
- Chest pain, fullness or tightness
- Pain in your arms, shoulders, neck or jaw
- Irregular or racing heart rate (pulse)
- Unusual or extreme fatigue
- Severe sweating

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Nausea or vomiting

Keep track of your symptoms. If symptoms persist—let your doctor know. If you have any of these symptoms while being active, slow down. If the symptoms do not get better, stop the activity.

TIPS FOR YOU ON EXERCISING AND PERFORMING ACTIVITY

CALL 911 IF YOUR CHEST PAIN OR OTHER SERIOUS SYMPTOMS ARE NOT RELIEVED.

Making the Most of Your Doctor Appointment



PREPARE FOR YOUR APPOINTMENT

- Bring a current list of all your medicine to every appointment
- Write down a list of things you want to talk to your doctor about—take this with you

DURING YOUR APPOINTMENT

- Write down your doctor's instructions. This will help you remember what was said once you get home
- If you do not understand, ask your doctor to repeat what he has said until you understand
- If you do not understand, ask your doctor to repeat what he has said until you understand
- Let your doctor know:
- What your concerns/fears are---so they can be addressed
- If you are having difficulty taking your medicines or following any other instructions
- Even if you think something is minor—it might be important

REMEMBER—staying well is a partnership between you and your health care team. Keeping you healthy and in your home is **EVERYONE'S #1 GOAL.**



Tips to Stop Smoking



PREPARING TO STOP

Quitting smoking is the most important thing you can do to protect your health. Pick a date and make plans to stop smoking. Half the job of quitting is making the decision to quit! Review past attempts to quit. What helped? What led to relapse? Anticipate difficulties and plan ahead on how to overcome them. Ask your doctor about using over-the-counter nicotine patches or gum, or get a prescription for an inhaler.

STEPS TO SUCCESS

- Avoid acidic foods (tomatoes, citrus) that increase the urge to smoke
- Avoid drinking alcohol it may trigger you to smoke
- Snack on low calorie snacks, such as celery, apples
- After you eat, brush your teeth or sip mint tea to avoid the urge to smoke
- Total abstinence is a mus even one puff will set you back
- Ask your friends and family to keep on encouraging you to quit
- Relax! Remember the urge to smoke will pass. QUITTING is the goal

RESOURCES:

Toll-free National Quitline: 1-800-QUIT NOW



My Action Plan



MY GOAL					
HOW IMPORTANT IS					?"
On a scale from 0 to would you say you are		•	tant and 1	0 is extremely	important, where
0 1 2	6 8 9	10 11 5 Somewhat Imp	6		9 10 Extremely Importan
"How confident would you could do it?" On confident, where wou	d you say you a scale from (u are that if you o O to 10, where 0	decided to is not at a	Il confident and	d 10 is extremely
0 1 2	3 Unsure		6 		9 10 Extremely Importar
WHAT DIFFICULTIES	TO REACHII	NG YOUR GOAL	- ARE YOU	J CONCERNE	D ABOUT?

Are You At Risk for Going Back to the Hospital?



Name	Date		
My Goal			
NOT in the GREEN provider if To stay out of the hospital, I will also:	☐ I fell down in the last year ☐ I live alone ☐ When I don't feel well or get anxious I go to the Emergency Room ☐ I have three or more health problems They are: ☐ CHECK ALL THAT APPLY I have a: ☐ skin sore: ☐ skin ulcer ☐ pressure sore on my body, legs, or feet I need some help every day to: ☐ dress ☐ take a bath ☐ cook RGENCY ROOM, I WILL my healthcare ☐ I will take my medicine every day		
I need help with Patient signature			
Clinician signature	Date		

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When to Call Your Doctor About Heart Failure



Your doctor wants you to report changes in how you feel. Treating symptoms early can keep you at home and prevent you from going to the hospital.

"My name is and I have Heart Failure. I am not feeling well. The doctor told me to call him when I have changes in how I feel."
USE THIS CHECKLIST TO HELP EXPLAIN HOW YOU FEEL
I have gained pounds indays.
I have swelling or more than usual swelling in my feet, hands or abdomen.
I wake up at night with difficulty breathing.
I use more pillows than usual when I sleep or I have to sleep in a chair sitting-up because it is difficult to breathe.
I get short of breath even when sitting.
I am coughing more.
IF YOU HAVE GAINED MORE THAN 3-5 POUNDS ASK
Should I take an extra water pill for 1-2 days because I am more short of breath or have gained 3-5 pounds?
Are there any other changes I should make in my medicines?
IT IS IMPORTANT TO LET YOUR DOCTOR KNOW
If you have not been taking all of your medicine.
If you have eaten more salty foods than usual.
If you have seen another doctor and he/she changed any of your medicines (even if they are not your heart medicine).
Ask when someone will call you back with instructions. If you don't hear back from the doctor's office within 3 hours, call the office again.



CALL 911 IF YOU CANNOT BREATHE, HAVE CHEST PAIN THAT WILL NOT GO AWAY OR YOUR SYMPTOMS GET WORSE

Self Management Plan: Heart Failure



Use this guide to help you associate changes in how you feel with how you should manage your heart failure.



Green Zone: All Clear

- No shortness of breath
- No weight gain
- No chest pain
- You are able to maintain normal activities
- Your weight goal: _

Green Zone Means:

- Your symptoms are under control
- Continue taking your medicine as ordered
- Continue to weigh yourself daily
- Follow your low salt diet as instructed
- Keep all Doctor appointments



Yellow Zone: Caution

- Weight gain of 2 or more pounds overnight and/or 4 to 5 pounds in the past week
- Increased cough
- Increased swelling in ankles, feet, legs or abdomen
- Increased shortness of breath with activity
- You need more pillows to sleep at night
- Other unusual symptoms

Yellow Zone Means:

- Follow up with your doctor is needed!
- Your symptoms may indicate that you need adjustment of your medicine or other medical help

Please contact your doctor TODAY to report these serious symptoms

Doctor Name:	
Number:	



Red Zone: Medical Alert/DANGER

- Need to sleep in a chair
- Weight gain greater than 5 pounds in 1 week
- Red Zone Means:
- Call your doctor IMMEDIATELY
- Wheezing or chest tightness at rest



DANGER ZONE

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Coughing up red or pink FROTHY sputum, unrelieved chest pain or shortness of breath. **CALL 911 IMMEDIATELY!!**

Tracking Your Weight



Acting on small changes in your weight help your doctor and nurse keep you home and out of the hospital.

Weigh yourself every morning after you use the bathroom but before you eat or drink.

Mark your weight every day on the calendar.

Call your home care nurse or doctor if you:

- Gain more than 2 pounds overnight
- Gain more than 4-5 pounds in one week.

You can also use this calendar to mark when you have doctor appointments or your home care staff have a visit scheduled.

Bring this calendar with you to every doctor appointments.

Bring ALL of your medicines in the container to every appointment.

Doctor's phone number:		-
Home Care phone number: _		_
Meight Calendar Month:	Your n	ame:

UN	MON	TUE	WED	THUR	FRI	SAT
	SUN	SUN MON	SUN MON TUE	SUN MON TUE WED	SUN MON TUE WED THUR	SUN MON TUE WED THUR FRI

Discharge Plan



Check your weight every morning. Keep a written log to track changes over time.		
Keep your medicine list updated. Take this list to all doctor appointments.		
Don't miss any of your doctor's appointments. Use a calendar to keep track of appointments.		
Your next appointment is: With Dr		
Use this Heart Failure Booklet and the Self-Management Plan to stay healthy		
Follow your low salt diet: grams of salt (sodium) per day.		
Activity plan		
Notify your doctor about changes to your health		
Weight gain of more than 2 pounds in one day or 5 pounds in one week		
Increased shortness of breath		
Increased swelling in legs, hands and/or abdomen		
Increased chest pain		
Other instructions:		
Thank you for the opportunity to be your healthcare partner. We wish you well in		
achieving your health goals.		

Notes

Notes

Call Your Nurse First



We can help you manage your health symptoms and avoid hospitalization if you call your Nurse first.





