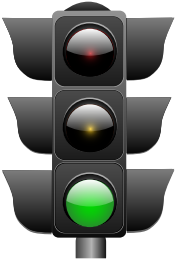


Guide to Heart Failure

Heart Failure Daily Stoplight Tool



Heart Failure Management

- ♥ Check for symptoms daily
- ♥ Take medications as directed
- ♥ Eat a 2000 mg sodium diet*
- ♥ Limit fluids to 64 ounces per day*
- ♥ Check weight every morning
- ♥ Balance activity & rest periods
- ♥ Attend all doctor appointments
- ♥ Check blood pressure & heart rate*

*or as directed by provider



Green Zone:

- ♥ No shortness of breath
- ♥ No swelling
- ♥ No weight gain
- ♥ No chest pain
- ♥ Able to do regular activities

| | |
|---------------------|--|
| Target Weight: | |
| Sodium Restriction: | |
| Fluid Restriction: | |



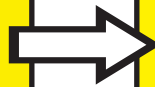
Yellow Zone: CAUTION

SIGNS MY HEART FAILURE IS GETTING WORSE

CALL IMMEDIATELY

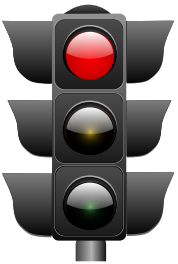
Doctor: _____

Phone: _____



Call Cardiologist for:

- ♥ Sudden weight gain (3 lbs in one day or 5 lbs in 1 week)
- ♥ New or worsened cough
- ♥ Increased swelling of legs, feet, or abdomen
- ♥ Increase in shortness of breath with activity
- ♥ Chest discomfort
- ♥ Changes in urination
- ♥ Harder to breathe when laying down



Red Zone: DANGER – STOP GET HELP NOW Call 911



- ♥ Shortness of breath at rest
- ♥ Chest discomfort that does not go away
- ♥ Wheezing or chest tightness at rest
- ♥ Confused or you're not thinking clearly

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What is Heart Failure?

The heart is a muscle that pumps oxygen-rich blood to all parts of the body. When you have heart failure, the heart doesn't pump as well as it should. Less blood reaches your organs. The kidneys produce less urine and retain fluid. This increases the amount of fluid in your body. A weak heart struggles to keep up with the extra fluid. The fluid can back up into the lungs and causes shortness of breath, difficulty sleeping at night, and fatigue. Fluid leaks out to other parts of your body and can cause swelling in the legs, feet, or abdomen. Extra fluid in the abdomen can cause a decreased appetite. The extra fluid throughout your body can cause a sudden weight gain. This leads to the symptoms of heart failure.

Heart failure is a chronic, progressive condition that can get worse. Proper treatment may help you feel better, live longer, and be more active.

Recognizing Heart Failure Symptoms

When you have heart failure, you need to pay close attention to your body and how you feel. As long as symptoms stay about the same from one day to the next, your heart failure is stable. If symptoms increase, you need to get help before it becomes an emergency.

Signs that your heart failure is getting worse:



What Causes Heart Failure?

Heart Failure can be caused by many different things, such as:

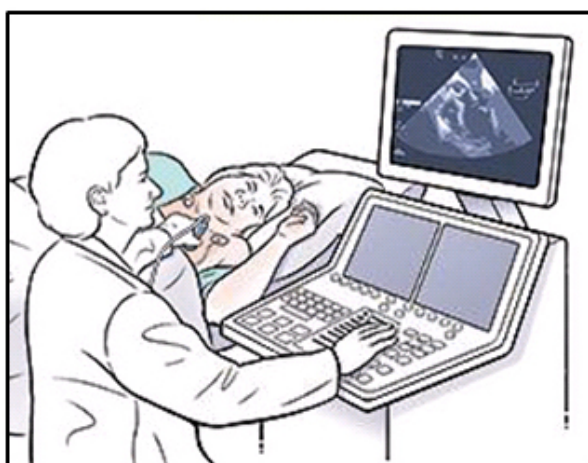
- Heart Attack (also called Myocardial Infarction or MI)
- Coronary Artery Disease
- High Blood Pressure (Hypertension)
- Heart Valve Disease
- Rapid or Irregular heart rhythms (such as atrial fibrillation)
- Diabetes
- Obesity
- Lung, Kidney, and Liver Diseases
- Viruses or other types of infections
- Some anti-Cancer medications
- Alcohol and drug abuse
- Congenital (present from birth)
- Pregnancy

How is Heart Failure Diagnosed?

- Physical exams and patient history
- Two or more symptoms of Heart Failure
- Labs
- X-rays
- Heart Catheterizations
- Echocardiograms “Echo”

An Echocardiogram is an ultrasound of the heart that shows:

- How your heart pumps
- The thickness of your heart muscle
- The way your heart valves function
- How much blood leaves the heart with each beat (ejection fraction)

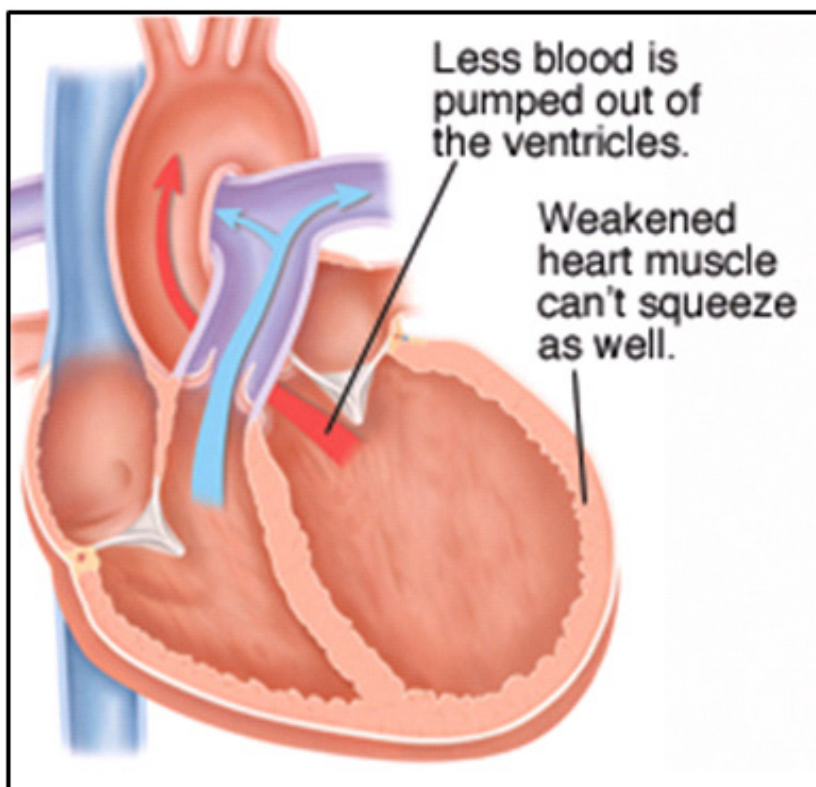


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What is Ejection Fraction?

Ejection fraction is the measurement of how much blood your heart pushes out (ejects) each time it beats. A healthy heart pumps at least half of the blood with each beat. A normal ejection fraction is around 50% to 70%. Ejection fraction is measured from the echocardiogram.

There are 2 types of heart failure – systolic and diastolic heart failure. Both affect the heart's ability to pump blood.



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Systolic Heart Failure:

The heart muscle becomes stretched and/or weak. It has difficulty pumping blood forward to the rest of the body.

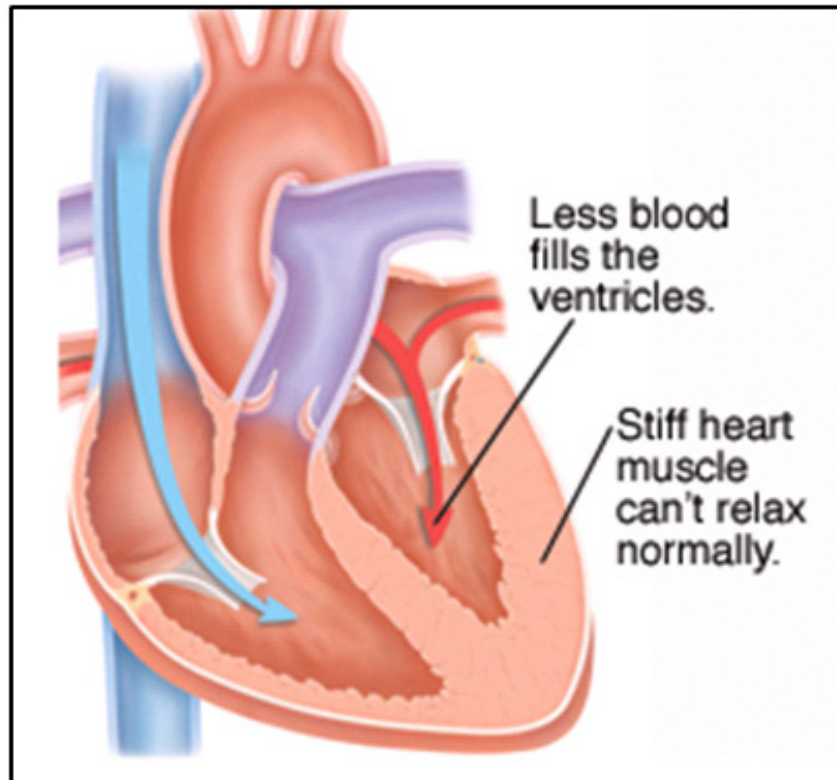
The ejection fraction is lower than normal. Blood backs up into the lungs and causes shortness of breath and swelling (edema).

Systolic heart failure is also called heart failure with reduced ejection fraction.

Diastolic Heart Failure:

The heart muscle becomes stiff and does not relax between beats. This leads to backup of blood into the body which affect the organs such as the liver or kidneys.

The ejection fraction may be close to the normal range, but not enough blood is leaving the heart. This is also called heart failure with preserved ejection fraction.



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For more information on heart failure education, support and resources contact:
American Heart Association 1-(800) 242-8721 www.heart.org

Heart Healthy Eating Habits

Follow a heart healthy diet. Limit the salt (sodium) in your diet to 3000-4000 mg per day. Salt causes your body to hold extra fluid. Eating too much salt could put you at risk for fluid overload which may result in an emergency. Salt makes your heart work harder as there is more fluid for the heart to pump. Limit your salt by doing the following:

- Limit canned, dried, packaged, pickled, processed, fast foods, cottage cheese, soy sauce, lunch meat, and baked goods as these often have a lot of salt.
- Don't add salt to your food. Take the saltshaker off the table. Replace it with salt-free herb mixes and spices.
- Season your foods with pepper, lemon, garlic, or onion instead of salt.
- Eat fresh or plain frozen vegetables. These have much less salt than canned vegetables.
- Choose low-sodium snacks like sodium-free pretzels or air-popped popcorn.
- When you eat out, ask that your meals have no added salt.

Be a smart shopper:

- "Salt-free" or "sodium free" products contain less than 5 milligrams of sodium per serving.
- "Very-low sodium" products contain less than 35 milligrams of sodium per serving.
- "Low-sodium" products contain less than 140 milligrams per serving.
- Select foods with 140 milligrams of sodium or less per serving.
- Foods with more than 300 milligrams of sodium per serving may not fit into a reduced meal plan.

CAUTION:

- "Unsalted", "No Added Salt", and "Reduced Sodium" products may still be high in sodium. Always check the nutrition facts panel.

Ask your doctor about nutritional consults to learn more about the low salt diet.

CalorieKing is a website to find nutritional information on some of your favorite foods.

<https://www.calorieking.com>

MyFitnessPal is an app for your phone that can keep track of your nutritional intake throughout the day.

Helpful tips for low salt recipes

www.heart.org

www.lowsaltfoods.com



Reading Food Labels

Your doctor will tell you how much sodium you can eat each day. Read food labels to keep track.

Watch out for high-sodium ingredients. These include MSG (monosodium glutamate), baking soda, and sodium phosphate.



| Nutrition Facts | |
|----------------------------|-----------------------|
| Serving Size 1 cup (228mg) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 5g | 25% |
| Cholesterol 30mg | 10% |
| Sodium 660mg | 28% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | Vitamin C 2% |
| Calcium 15% | Iron 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 60g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4



Heart Healthy Tip

Try this



No Salt Seasoning Recipe

- 2 ½ teaspoons onion powder
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons sweet paprika
- 1 ½ teaspoons of dry mustard
- 1 teaspoon ground coriander
- ½ teaspoon dried thyme
- ¼ teaspoon white or black pepper

Instead of this!



One
teaspoon
of salt is equal
to 2,300 mg
of sodium.

Limiting Fluids

Limit how much fluid you drink to 64 ounces per day or as directed by your doctor. Limiting your fluids can help prevent swelling and shortness of breath. This includes anything that is liquid at room temperature, such as ice cream, soup, popsicles, and jell-o. If your doctor tells you to limit fluid, try these tips:

- Measure drinks in a measuring cup before you drink them. This will help you meet daily goals.
- Chill drinks to make them more refreshing.
- Suck on frozen lemon wedges to quench thirst.
- Only drink when you're thirsty.
- Chew sugarless gum or suck on hard candy to keep your mouth moist.
- Weigh yourself daily to know if your body has extra fluid.

Caution: Not drinking enough fluids can cause dehydration. Signs of dehydration include: dizziness, decreased urine output, and dark colored urine.

Common conversions:

- 1000 milliliters = 1 liter or 4 cups
- 1 cup = 240 milliliters
- 1500 milliliters = 1.5 liters or 6 cups
- 1 fluid ounce = 30 milliliters
- 2000 milliliters = 2 liters or 8 cups

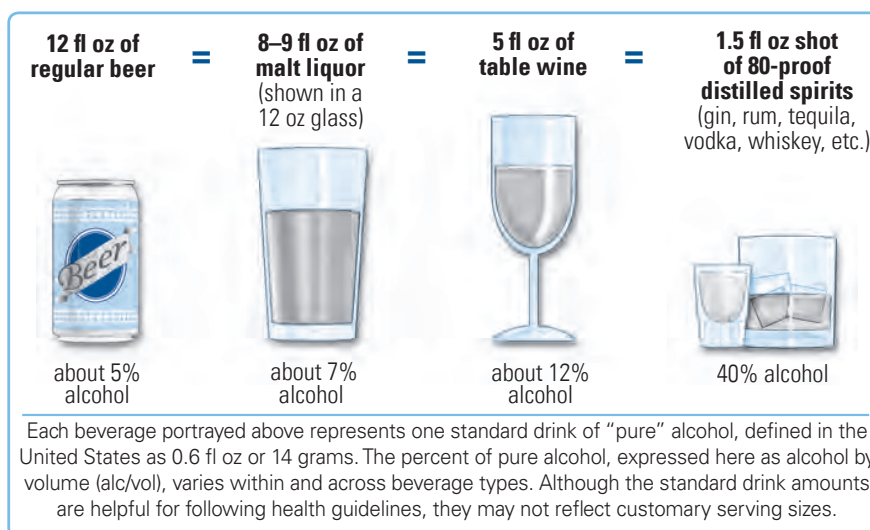
Alcohol

Limit how much alcohol you drink. It can harm your heart and make your heart failure worse.

Women should have no more than 1 alcoholic drink a day.

Men should have no more than 2 alcoholic drinks per day.

What Is a Standard Drink?



Daily Weight Monitoring

Weigh yourself every day. A sudden weight gain can mean you are retaining too much fluid and your heart failure is getting worse. Weigh yourself daily and report sudden weight gains to your doctor. Keep a record of your daily weights and bring this with you to your appointments. Signs of weight gain include shortness of breath, swelling, and a harder time doing regular activities.

Follow the instructions provided by your doctor. In general, you should report a weight gain of 3 pounds in one day or 5 pounds in 1 week.

Heart Healthy Tips:



- Weigh at the same time every morning
- Weigh before eating or drinking
- Go to the bathroom before weighing
- Use the same scale each day
- Wear similar clothing when weighing
- Record your weight every day
- Report weight gains early so your doctor can adjust your medications

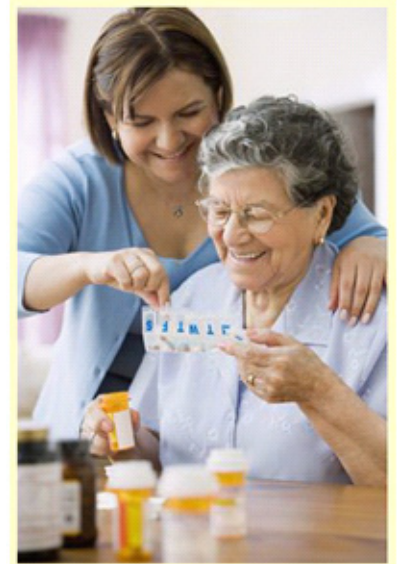
Medications for Heart Failure

Why take your medicine?

- Helps your heart work better.
- Prevents and treats shortness of breath and swelling in your feet.
- Improves blood flow to the rest of your body.
- Can help to slow the progression of heart failure and help you to live longer.
- Missing doses increases your risk of being admitted to the hospital for shortness of breath and worsening of heart failure symptoms.
- “The use of these drugs has been shown to save lives, prolong life and improve the heart’s function.” - American Heart Association

Tips for Taking Your Medicine

- Take your medications as directed by your doctor. Take them at the same time each day.
- If you miss a dose, take it as soon as you remember – unless it's almost time for your next dose. If so, skip the missed dose. Do not take a double dose.
- Try to learn what each medication does and any possible side effects. Let your doctor know if you think you are having any side effects.
- Check with your doctor or pharmacist before taking any over-the-counter medications or herbal supplements.
- Carry a list of medications with you at all times, and bring your medication bottles with you to your doctor appointments.
- Use the same pharmacy for all of your medications
- Some medications can affect your kidneys. Your doctor will check labs on your kidneys and potassium from time to time.
- Talk to your doctor or pharmacist if you have any questions or concerns.



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Heart Healthy Tips:



- Do not take any over the counter pain medications except Tylenol (acetaminophen).
- Do not take any herbal medications without the approval of your doctor or pharmacist.
- Do not take any aspirin besides what is prescribed by your doctor.
- Read all over the counter medication labels carefully. Many combination products contain aspirin or ibuprofen.
- Avoid: Ibuprofen (Advil, Motrin), Naproxen (Aleve), and Excedrin as they cause fluid overload.

Know Your Medicines

You may take one or more of the medications below. Be sure you know which ones you take:

- ACE inhibitors and ARB's** lower blood pressure and make it easier for the heart to pump, and prevent harmful changes to the heart. ACE inhibitor examples: Captopril (*Capoten*), Enalapril (*Vasotec*), Lisinopril (*Prinivil, Zestril*), Ramipril (*Altace*) and Quinapril (*Accupril*). ARB's examples: Candesartan (*Atacand*), Losartan (*Cozaar*), and Valsartan (*Diovan*).
- Angiotensin receptor neprilysin inhibitors (ARNIs)** relax blood vessels, reduce stress on the heart, and help your body get rid of salt and fluid. Example: Sacubitril/Valsartan (*Entresto*).
- Aldosterone blockers** decrease fluid build-up and decrease strain on the heart. Example: Spironolactone (*Aldactone*) & Eplerenone (*Inspra*).
- Beta-blockers** lower blood pressure and slow heart rate, reducing the work on your heart. Examples: Metoprolol Succinate (*Toprol XL*), Carvedilol (*Coreg*), and Bisoprolol (*Zebeta*).
- Diuretics (“water pills”)** help get rid of extra water and salt through urine. This makes it easier for the heart to pump and helps to improve symptoms of swelling and shortness of breath. Examples: Furosemide (*Lasix*), Bumetanide (*Bumex*), and Torsemide (*Demadex*).
- Digoxin** helps your heart pump with more strength.
- Hydralazine and nitrates** lower blood pressure and decrease how hard the heart has to pump. Example: Hydralazine (*Apresoline*) plus Isosorbide mononitrate (*Imdur*).

Heart Healthy Tip

Your doctor may need to check labs frequently to monitor kidneys and potassium levels.

Common side effects to report to your doctor include: dizziness, decreased urine output, cough, rapid heart beats, and nausea & vomiting.



Activity

Patients living with heart failure can benefit from regular exercise. The benefits achieved will depend on several factors: your initial level of physical fitness; the type, intensity, duration, and frequency of the exercise you perform; any other physical limitations you may have in addition to heart failure.

Cardiac Rehab programs provide monitored exercise by healthcare professionals who create routines appropriate for each individual. Exercise performed over a period of 4-12 weeks may provide many benefits.

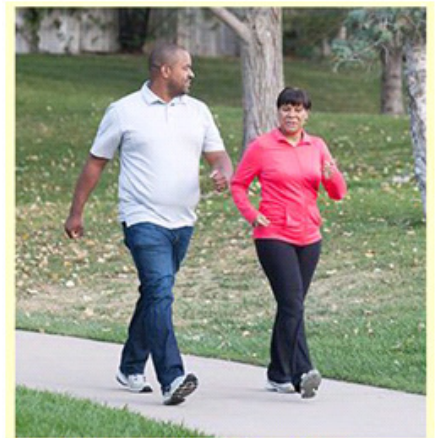
Walking, biking, swimming, stretching, water activities, and hand weights are other forms of exercise to help get you started.

Heart failure patients should be careful not to over-exert themselves and to allow rest periods when needed.

Get clearance from your doctor before you begin any exercise program.

Benefits of Exercise for Heart Failure:

- Improved muscular strength and endurance
- Improved balance and reduced risk of falls and bone fractures
- Decreased shortness of breath and fatigue with everyday activities
- Decreased bone loss (that occurs naturally with aging)
- Decreased stress / anxiety
- Improved mood
- Improved sleep



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Heart Healthy Tips:



If you smoke or use any tobacco products, it's very important to quit. Tobacco products increase your chances of having a heart attack by harming the blood vessels that provide oxygen to your heart. This makes heart failure worse.

Quit Smoking Hotline & Support: 1-800-QUIT-NOW (1-800-784-8669)

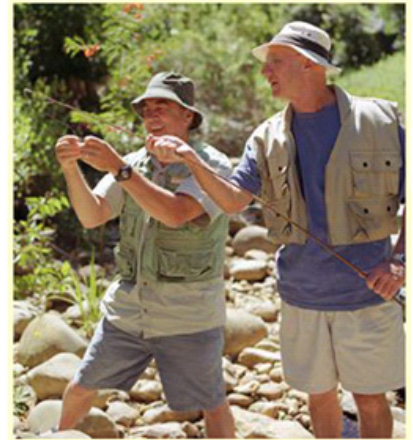
Cardiac Rehabilitation at Providence Alaska

(907) 212-3664

Supervised exercise, education, and support

For Your Safety

- Talk with your doctor before starting an exercise program.
- Exercise indoors when it's too hot or too cold outside, or when the air quality is poor. Try walking at a shopping mall.
- Wear socks and sturdy shoes to maintain your balance and prevent falls.
- Start slowly. Do a few minutes several times a day at first. Increase your time and speed little by little.
- Stop and rest whenever you feel tired or get short of breath.
- Don't push yourself on days when you don't feel well.
- Ask your doctor about Cardiac Rehab programs.



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Heart Failure and Flying:

Being at high altitudes stimulates the nervous system causing increased heart rate and blood pressure. The Aircraft also contains less oxygen. The heart has to work harder to supply the body with oxygen. This should not be a problem if Heart Failure is well controlled.

- Order special low sodium meals from the airline at least 24 hours in advance.
- Request a wheel chair escort to decrease the stress on your heart.
- Be careful of Airport food, it's very high in sodium.
- Don't skip your diuretic.
- Get a letter from your doctor discussing your meds, allergies, surgeries, devices, blood type, MD phone and fax numbers, and most recent copy of EKG.
- If you use oxygen, notify the airline two weeks before your flight so you can get specialized oxygen concentrators prior to your flight.
- Get up and move around the Aircraft every two hours to prevent blood clots.
- Consider pre-existing travelers insurance.
- Bring your medications including an extra two days' supply in case of flight cancelations.
- Patients should NOT fly if they had any of the following:
 - Uncomplicated heart attack within the last 2 weeks
 - Complicated heart attack within the last 6 weeks
 - Unstable chest pain
 - Chest surgery within the last 3 weeks
 - If shortness of breath and edema are not controlled.
 - Poorly controlled heart failure symptoms, heart rhythms, or high blood pressure.

Stress Management Tips:

- Talk about your feelings with friends and family. Consider counseling as needed.
- Take an active role in managing your health to help you feel in control
- Exercise regularly to help reduce anxiety and depression
- Follow the treatment plan to help you feel better and have less symptoms.
- Ask about local support groups and education classes

Sexual Activity

Sexual activity can usually resume 2-4 weeks after your discharge from the hospital, but there is no set timetable. What is important is how you feel mentally and physically. If you have any questions or concerns about resuming sex, bring them up with your doctor at your appointment. Meanwhile, enjoy holding hands, hugging, touching and kissing. This will help you get in touch with your partner and bring you closer together.

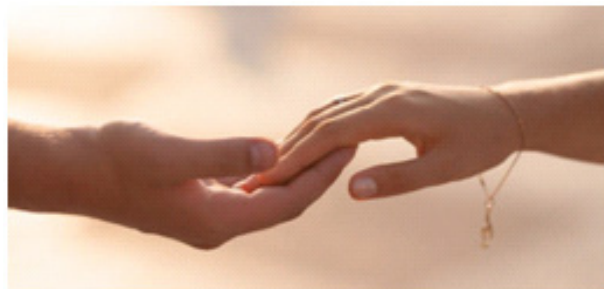
Physical Demands: During sexual activity, your heart rate (pulse), breathing rate and blood pressure increase. This is normal, but you may be much more aware of it now. Your heart is ready for the physical demands of sex if you do not get short of breath when climbing 2 flights of stairs or while taking a brisk walk.

Planning: Plan to have sex when you are rested, comfortable and relaxed. Wait 3 hours after a big meal or drinking alcohol. Avoid having sex if you are planning to do a physically strenuous activity on the same day.

PRECAUTIONS AND DANGER SIGNS

*** Report these to your doctor.**

- Chest pain during or after sex
- Palpitations lasting 15 minutes after sex
- Rapid heart and breathing rates that last 20-30 minutes after sex
- DO NOT use medications for Erectile Dysfunction (Viagra, Cialis, Levitra) if you are on nitrates. This can be very dangerous. Common Nitrate medications include: Imdur (isosorbide mononitrate), BiDil (hydralazine with isosorbide dinitrate).



Other Treatments

Treat Anemia: Anemia means your body does not have enough healthy red blood cells. This decreases your ability to carry oxygen to your heart and other organs in the body. Anemia is diagnosed by blood tests such as a Complete Blood Count (CBC), or measuring the amount of iron and vitamins (B12 and Folate) in your blood.

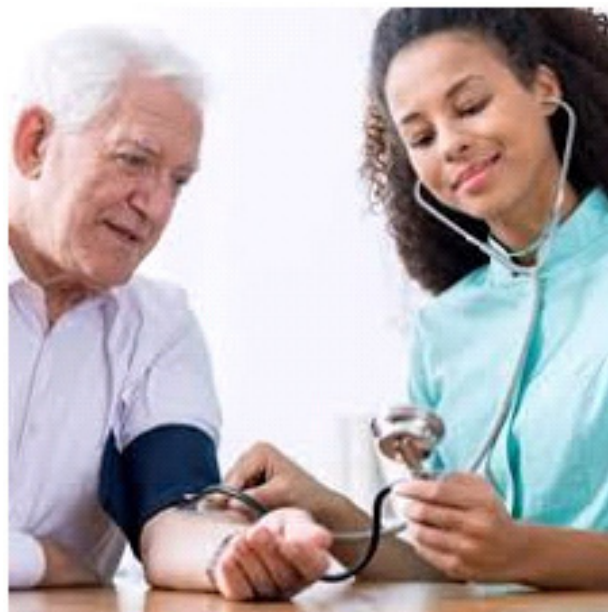
There are many causes of anemia. Once the reason for anemia is identified, treating anemia may include taking iron supplements or vitamins. *Always check with your healthcare provider (HCP) before taking any supplements.*

Treat Sleep Apnea: Sleep apnea puts an extra strain on your heart. Your doctor may suggest that you have a sleep study to diagnose any problems.

Keep Diabetes in control: If high blood sugar is not controlled, blood vessels throughout the body become damaged. This can make heart failure worse.

Control Hypertension: Keep your blood pressure under 130/80 or the goal recommended by your doctor. Many patients routinely check their blood pressure at home, a pharmacy, senior center or clinic. Keep a record of your blood pressures and bring this to all doctor's appointments.

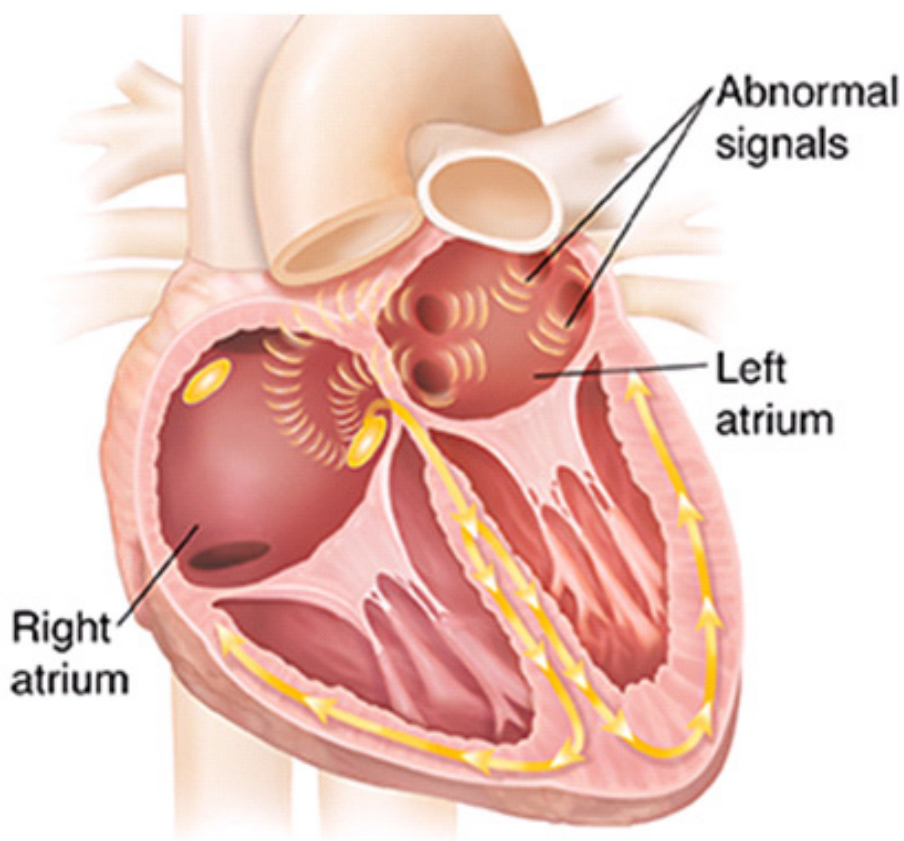
Kidney Disease: poor kidney function can cause fluid overload conditions that can lead to heart failure symptoms. Keep regular doctor visits so they can check kidney labs frequently.



Atrial Fibrillation: “AFib” is often a complication of extra fluid building up in the body. This extra fluid stretches the heart and causes an irregular heartbeat. AFib decreases the amount of blood your heart pumps out. It can also lead to more serious complications such as stroke. Your doctor can help manage AFib and prevent complications with medications such as anticoagulants.

AFib may or may not cause symptoms. Call your doctor if symptoms do occur. Symptoms may include:

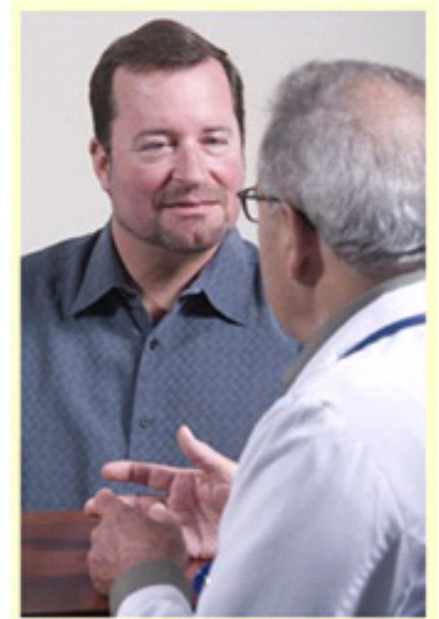
- A fast, pounding, irregular heartbeat
- Shortness of breath
- Fatigue, dizziness or fainting
- Chest pain



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Some people continue to have heart failure symptoms. The healthcare providers may consider other treatment options.

- ❑ **Coronary Bypass Surgery** – When heart failure is the result of blocked coronary arteries, replacing the blockage(s) may make the heart pump better, improving symptoms.
- ❑ **CardioMEMs Device** – monitors fluid status daily and can sense fluid overload conditions before symptoms occur.
- ❑ **Heart Valve Surgery** – When heart failure is caused by defective or diseased heart valves, replacing the valve problem may help.
- ❑ **Cardiac Resynchronization Therapy (CRT) or Biventricular Pacemaker** – Some people with heart failure develop abnormal heartbeats which may reduce how well the heart functions. CRT is a special pacemaker designed to make the ventricles contract at the same time.
- ❑ **Implantable Cardioverter-Defibrillator (ICD)** – Patients with heart failure may develop life-threatening heart rhythms. An ICD is a small battery-operated device that monitors the heart rhythm at all times. If it sees a dangerous heart rhythm, it delivers an electrical shock to restore the normal heart rhythm.
- ❑ **Left Ventricular Assist Device (LVAD)** – The left ventricle is the large, muscular chamber of the heart that pumps blood out to the body. A left ventricular assist device (LVAD) is a battery-operated, mechanical pump that is surgically implanted. It can help the weak heart and extend the life of the patient or eliminate the need for a heart transplant.
- ❑ **Heart Transplant** – A heart transplant is recommended only for patients who have severe heart failure symptoms, when there are no other treatment options, and only when the surgery is likely to have long-term success.



Heart Healthy Tip:

Marijuana is not well studied in patients with heart disease and should be avoided. Marijuana can increase your heart rate and lower your blood pressure. Talk to your doctor if you are using marijuana, as it may require more frequent heart function monitoring.



Advanced Care Planning

Advanced care planning is for all adults. It's about planning for future health care decisions before you have a sudden illness or accident. Take the time to think over and discuss with your care team and loved ones what kind of care you want in the future. It is helpful to have your preferences written down in an Advanced Care Directive. In addition, a Physician's Order for Life Sustaining Treatment (POLST) form is a useful tool to ensure that your medical care aligns with your wishes.

- Who do you want to be your healthcare decision maker?
- What cultural, religious, spiritual, or personal beliefs do you have that might impact your decisions?
- What healthcare would you like to receive if you have a sudden illness or injury?
- Have these discussions with close family and friends.
- Complete Advanced Directives & POLST documents.
- An **Advanced Directive** is a legal document that lists what actions should be taken for your health if you become unable to make decisions for yourself.
- A **POLST** form is a portable physician order summarizing a person's wishes for life sustaining treatment. This does not replace an Advanced Directive.
- Provide copies of Advanced Directives to your doctor, hospital, healthcare decision maker, and other close family and friends.
- Review and update your Advanced Directives yearly.



Power of Attorney:

- Naming someone to have authority to make decisions on your behalf.

Durable Power of Attorney:

- Naming someone to have authority to make decisions on your behalf only in the event that you are unable to make decisions for yourself.

Financial Power of Attorney:

- Naming someone to have authority over **financial** decisions if you become unable to make those decisions yourself.

Medical Power of Attorney:

- Naming someone to have authority to make **medical** decisions if you become unable to make those decisions yourself.

Palliative Care

Palliative Care is a team of health care providers that offer an extra layer of support for patients dealing with a serious illness. Palliative care can help improve quality of life by providing treatment for symptoms such as depression, anxiety, shortness of breath, pain, insomnia, constipation, and nausea. Patients and their loved ones are offered emotional & spiritual support, goals of care conversations, family planning, and help with decision making. Palliative care is given at the same time as traditional medical care. Active treatment for Heart Failure does not stop.



Cardiac Hospice

Hospice is a team of providers that can provide comfort and support to people nearing the end of life. Medications are used to help with comfort. Heart medications can still be given to help control symptoms of heart failure.

A person with an illness can go into hospice when a healthcare provider believes he or she has about 6 months or less to live. Hospice continues as long as it is needed. A person in hospice has the right to leave hospice care at any time.

Hospice supports both the patient and family and includes physical, emotional, and chaplains or other spiritual advisors. The Case Manager makes

visits based on the needs of the patient and family. Hospice offers access to home equipment, financial resources, medications, social workers, home health aides, chaplains or another spiritual advisors.

Symptom Chart

My Baselines

Weight: _____ Blood Pressure: _____ Heart Rate: _____

| | | Day | Weight | Blood Pressure | Heart Rate | Change in symptoms or +/- lb(s) |
|--|-----|--|--------|--|------------|---------------------------------|
| Week Starting: | Mon | | | | | |
| | Tue | | | | | |
| | Wed | | | | | |
| | Thu | | | | | |
| | Fri | | | | | |
| | Sat | | | | | |
| | Sun | | | | | |
| Week Starting: | Mon | | | | | |
| | Tue | | | | | |
| | Wed | | | | | |
| | Thu | | | | | |
| | Fri | | | | | |
| | Sat | | | | | |
| | Sun | | | | | |
| Week Starting: | Mon | | | | | |
| | Tue | | | | | |
| | Wed | | | | | |
| | Thu | | | | | |
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| | Sat | | | | | |
| | Sun | | | | | |
| Week Starting: | Mon | | | | | |
| | Tue | | | | | |
| | Wed | | | | | |
| | Thu | | | | | |
| | Fri | | | | | |
| | Sat | | | | | |
| | Sun | | | | | |
| Green Zone | | Yellow Zone - Call Your Cardiologist | | Red Zone - Danger - Call 911 | | |
| No unusual shortness of breath | | Increased weight (3 lbs in 1 day or 5 lbs in 1 week) | | Unrelieved shortness of breath, OR shortness of breath at rest | | |
| No unusual swelling | | New or worsened cough | | | | |
| No weight gain | | Increased swelling of legs, feet, or abdomen | | Unrelieved chest discomfort | | |
| No chest pain | | Increase in shortness of breath with activity | | Wheezing or chest tightness at rest | | |
| No decrease in your ability to maintain activity level | | Chest discomfort / Harder to breathe laying down | | Have confusion or cannot think clearly | | |
| | | Decreased urine output | | | | |

How do I know I am ready to go home?

I know what Heart Failure is and how it affects my health, and the steps I need to take to stay healthy.

My Ejection Fraction is: _____ Target Weight: _____

Activity

- Monitor symptoms daily using the Heart Failure Daily Stop Light Tool.
- Weigh daily and check for weight gains.
- Maintain daily activity and balance with rest periods.
- Get any equipment needed for home.
- Avoid tobacco products.

Medications

- Know which medicines to take and how to take them.
- Learn why medicines are important and any side effects to watch out for.
- Pick up medications in the hospital prior to discharge.
- Stay up-to-date on influenza and pneumonia vaccines.

Nutrition


- Learn which foods are good to eat and which foods to avoid.
 - Limit alcohol intake.
 - Limit sodium (salt) to 2000 milligrams per day.*
 - Limit fluid to 64 ounces per day.*
- *or as directed by provider.

Keep Follow-up appointments

- Plan on following-up with doctor within 7 days.
- Discuss transportation concerns with staff.
- Bring a weight record and a list of medications to doctor visits.
- Discuss your goals of care with your provider and family and complete an Advanced Directive.

Warning signs for worsening Heart Failure

- I know the warning signs to watch out for.
- I know when to call my healthcare provider to report worsening symptoms.
- I know the signs of danger and when to call 9-1-1.



If you call your healthcare provider to report symptoms, ask to speak with a nurse or Medical Assistant.