

MY HEALTH MANAGEMENT PLAN: HEART FAILURE



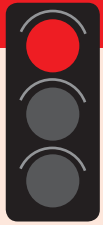
Green Zone: All Clear

- No chest discomfort
- No new or worsening symptoms
- Ability to perform normal activities
- **Keep following your daily routines**



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
- **Call your health care provider TODAY**



Red Zone: Medical Alert/DANGER

- Sudden need to sleep in a chair
- Weight gain greater than 5 pounds in 1 week
- Wheezing or chest tightness at rest
- **Call your Doctor IMMEDIATELY**

CALL

911



DANGER ZONE

Coughing up red or pink FROTHY sputum, unrelieved chest pain or shortness of breath

CALL 911 IMMEDIATELY!!



Medicine

I will...

- take my medicine every day as directed
- ask questions when I do not understand
- call my health care provider if I have medicine problems



Weight

I will...

- weigh myself every day and keep a weight log
- call my health care provider if I gain 2 or more pounds in a day and/or 4-5 pounds in a week
- check for swelling in my feet, legs, and abdomen every morning



Balancing Activity & Rest

I will...

- increase my activity levels gradually over time
- pace myself and take breaks throughout the day to conserve my energy
- get enough rest at night and call my health care provider if I have trouble sleeping



Healthy Eating

I will...

- follow a heart healthy diet recommended for me
- limit my daily salt intake to _____ mg per day
- drink ____ to ____ glasses of fluids a day
- limit the amount of alcohol I drink

Other Goals _____

Barriers to reaching my goals _____

LIVING WELL HEART FAILURE



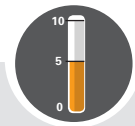
Managing Heart Failure by Recognizing Symptoms

- Unexpected or rapid weight gain
- Weakness or fatigue
- Dizziness or faintness
- Swelling of legs, ankles or feet
- Swelling of abdomen
- Increased trips to the bathroom at night (more often than usual)
- Trouble sleeping- waking up short of breath or using more pillows
- Frequent dry hacking cough
- Chest pain
- Unexpected shortness of breath not related to exercise/exertion



Weigh Myself Every Day

- Acting on small changes in my weight helps my doctor/nurse keep me out of the hospital
- Weigh myself every morning AFTER I use the bathroom but BEFORE I eat or drink
- Mark my weight every day on the calendar
- Know my ZONE and take action if needed



My Perceived Exertion

I can rate how difficult an activity is to avoid working too hard or not hard enough. I can use a rating scale from 0-10 (refer to handout). Generally I should perform activity at a level from 3 “moderate” to 4 “somewhat hard”.



My Medicine Is Important

- Keep a list of my medicines and know **WHEN** and **HOW** to take them
- Know possible side effects
- Use a pillbox to take the right dose
- Take only my prescribed dose at the same time every day
- Talk to my doctor before starting a new over-the-counter medicine
- If I forget to take my medicine don't take more than one dose to catch up
- Reorder medicines when I am down to a one-week supply
- Store my medicine safely



Conserving My Energy

- Plan ahead
- Balance rest & activity
- Alter the task
- Adapt the environment
- Use equipment to make things easier to do



Working Together With My Doctor

- Keep my appointment with my doctor
- Bring a list of my medicines and questions for my doctor with me to every appointment
- Between appointments, report important symptoms



Staying Active

- Activity can increase my physical strength and endurance levels
- Activity should be built up slowly- adding more as tolerated
- Start with 5-10 minutes and gradually increase as able



Heart Healthy Diet

- Limit daily salt intake, & fried, fatty foods
- Stop adding salt to your food
- Eat more fruit, vegetables, whole grains
- Read food labels
- Limit processed foods