



**MAURY REGIONAL
MEDICAL CENTER**



HEART FAILURE

**TAKE HOME GUIDE FOR EFFECTIVE
MANAGEMENT**

Disclaimer

The content contained in this packet is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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**Heart Failure Certification Team
Reviewed April 2017**





CHF CALENDAR: Month _____

Hospital scales will weigh you differently than your home scales. Put a notation when you change to your home scales.

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Every day: Weigh in the morning before breakfast. Write it down. Compare to yesterday's weight. Take meds as prescribed. Check for swelling. Eat low salt diet.

Green Zone: ALL CLEAR This zone is your goal. Your symptoms are under control. No weight gain more than 2 pounds (it may change 1-2 pounds some days). No swelling of your feet, ankles, legs, or stomach.

Yellow Zone: CAUTION Call your doctor's office if: You have a weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week. More short of breath, more swelling in feet, ankles, legs, or stomach. Feel more tired. Dry hacky cough, dizzy, or have more trouble when lying down.

Red Zone: EMERGENCY Go to the emergency room or call 911 if you have any of the following: Struggling to breathe. Unrelieved shortness of breath while sitting still. Have chest pain. Can't think clearly.

Please let your nurse know if you need help obtaining scales!



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Struggling to breathe. Unrelieved shortness of breath while sitting still. Have chest pain. Can't think clearly.

Please let your nurse know if you need help obtaining scales!

EVERY DAY

EVERY DAY:

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and rest periods.

Which Heart Failure Zone are you today? GREEN, YELLOW or RED?

GREEN ZONE

ALL CLEAR – This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION – This zone is a warning

Call your doctor's office if:

- You have a weight gain of 2-3 pounds in 1 day *or* a weight gain of 5-7 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right.
- It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.

RED ZONE

EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can't think clearly.

POST in Common area!

HEART FAILURE

(also called congestive heart failure or CHF)

- ♥ Heart Failure sounds really frightening if you don't understand it. It doesn't mean that your heart has stopped working. With heart failure, the heart continues to work but not as effectively as it once did. It simply means that your heart isn't pumping blood as well as it should.
- ♥ Approximately 5 million Americans suffer from the effects of Heart Failure each year. There are approximately 400,000 new cases of Heart Failure diagnosed each year.
- ♥ By using this guide about Heart Failure, you can gain a better understanding of heart failure and its treatment. You will also learn that you can live with heart failure.

CONSEQUENCES OF NOT FOLLOWING YOUR TREATMENT PLAN FOR HEART FAILURE:

Not following your medical treatment plan could result in:

- ♥ Worsening of symptoms.
- ♥ Irreversible damage to your heart.
- ♥ Damage to other organs due to lack of adequate blood flow (kidneys, liver, brain, etc.)

Your Treatment Plan

Actions	Check off	Read more information on pages
<p>♥ <u>Daily weight</u> Unexplained weight gain is an early warning sign of worsening heart failure.</p>	<p><input type="checkbox"/> Weigh daily ✓ Use the same scale ✓ Keep a record</p>	13
<p>♥ <u>Restrict Fluids</u> Too much fluid causes the heart to work hard to pump the excess fluid volume</p>	<p><input type="checkbox"/> _____ cups or _____ ounces daily intake of fluids.</p>	14-15
<p>♥ <u>Diet</u> Reduce the amount of salt you eat.</p>	<p><input type="checkbox"/> Recommended diet: ✓ 1500 mg of salt ✓ @ ½ tsp of salt per day. ✓ Low cholesterol ✓ Low fat</p>	16-22
<p>♥ <u>Exercise</u> Remain Active Cardiac rehabilitation</p>	<p><input type="checkbox"/> Recommended activity _____ & Frequency _____ <input type="checkbox"/> Cardiac Rehabilitation referral</p>	23-26
<p>♥ <u>Smoking Cessation</u></p>	<p><input type="checkbox"/> Stop Smoking</p>	27
<p>♥ <u>Alcohol</u></p>	<p><input type="checkbox"/> Restrict or cut out alcohol.</p>	



What medicines will I need to take?

Many different medicines are used to treat heart failure. You may need to take one or more medications, depending on your symptoms. It may take a while to find the best medicine for you and the correct amount of it.

Type of Medicine	What the medicine does?
<input type="checkbox"/> ACE inhibitor (angiotensin converting enzyme inhibitor) My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Causes blood vessels to relax, which helps reduce strain on the heart. ✓ Reduces the symptoms of heart failure.
<input type="checkbox"/> Anticoagulants (also called blood thinners) My Medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Helps prevent blood clots from forming in blood vessels (a heart attack may be caused by a blood clot) ✓ May help prevent blood clots from getting bigger.
<input type="checkbox"/> ARB (angiotensin II receptor blocker) My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Causes blood vessels to relax, which helps reduce strain on the heart.
<input type="checkbox"/> Beta-blocker My Medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Helps keep the heart from beating too quickly ✓ Helps keep the heartbeat regular ✓ Some help to slow down the rate at which heart failure gets worse.



Type of Medicine	What the medicine does?
<input type="checkbox"/> Calcium Channel Blocker (also called calcium antagonists or calcium blockers) My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Blocks calcium from moving into heart and blood vessel cells ✓ May relax blood vessels to help the heart pump less forcefully
<input type="checkbox"/> Digitalis Preparations (also called digoxin and digitoxin) My Medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Helps relieve heart failure symptoms ✓ Slows certain types of irregular heartbeats (arrhythmias).
<input type="checkbox"/> Diuretic (also called water pill) My Medication _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Helps body to get rid of extra fluids to reduce swelling ✓ Helps lessen how hard the heart has to work ✓ Helps make breathing easier.
<input type="checkbox"/> Statin My medication _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Reduces the level of “bad” fats (LDL cholesterol) in the blood that can block blood vessels.
<input type="checkbox"/> Vasodilators (nitrates/nitroglycerine) My Medication _____ Dose _____ When to take _____	<ul style="list-style-type: none"> ✓ Relaxes blood vessels and increases blood supply to the heart, eases workload of heart.
<input type="checkbox"/> Oxygen Therapy My amount _____ Type _____	<ul style="list-style-type: none"> ✓ Relaxes blood vessels and increases oxygen to organs.

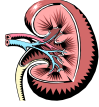
Your Treatment Plan

There is a lot that can be done to improve the heart's pumping and to treat the symptoms, but heart failure can't be completely cured. An important part of treatment is taking care of any other problems, such as high blood pressure. Treatment also includes lifestyle changes and medicine. Here are some important things you can change:



- ♥ Fluid Restriction – Your doctor will tell you the amount of fluid you are allowed each day.
- ♥ Diet - you will need to reduce the amount of salt you eat. Other changes in diet may also be recommended, such as low cholesterol, low fat, or calorie controlled. Avoid excessive fluid intake. Some Heart Failure patients will also need a fluid restriction.
- ♥ Smoking Cessation - if you smoke you will be advised to stop smoking.
- ♥ Alcohol - you will be advised to restrict or cut out alcohol.
- ♥ Exercise - most people with heart failure can still exercise. Your doctor will help you decide how much and what kind of exercise you can do. Your doctor will decide what your activity level should be.
- ♥ Daily weights.
- ♥ Family Support - involve your family as much as possible because they can help you adjust to the changes you must make.
- ♥ Other Resources of Support - your doctor can give you information about support groups. It sometimes helps to talk with other people who have similar problems.

What Causes Heart Failure?

- ♥ History of Coronary Artery Disease (narrowing of the blood vessels of the heart)
- ♥ Heart attack
- ♥ High blood pressure (also known as Hypertension)
- ♥ Problems with heart valves
- ♥ Toxic substances (including long-term drug and alcohol use, cocaine, methamphetamines, etc.)
- ♥ Congenital heart disease
- ♥ Abnormal heart rhythms
- ♥ Cardiomyopathy (problems with the heart muscle itself)
- ♥ Chronic Renal (kidney) Disease 
- ♥ Thyroid Disease
- ♥ Sometimes the exact cause cannot be found

Signs of HF

- ♥ Sudden weight gain
 - ♥ 2-3 pounds overnight, or
 - ♥ 5-7 pounds in a week
- ♥ Loss of appetite or bloated feeling, nausea
- ♥ Shortness of breath (Shortness of breath on exertion is often the earliest symptom of HF)
- ♥ Trouble sleeping or shortness of breath after lying down
- ♥ Dry cough
- ♥ Swelling of legs, ankles, or abdomen
- ♥ Fatigue, decreased exercise tolerance
- ♥ Loss of energy
- ♥ Unexplained confusion
- ♥ Rapid, irregular heart beats

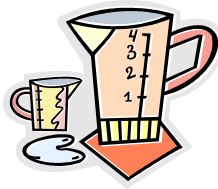


Weight Tracking Chart

Unexplained weight gain is a warning sign that your treatment for Heart Failure may not be working as well as it has been. Daily weight tracking will help you notice a weight gain that may help prevent trips to the Emergency Room or stays in the hospital.

Here are some guidelines to assure your weights are accurate and comparable:

- ♥ Weigh DAILY
- ♥ Use the SAME scale
- ♥ Weigh first thing in the morning
BEFORE breakfast
AFTER urinating
SAME amount of clothing
- ♥ Keep a record of the daily weights



Fluid Restriction

Fluid restriction is an important part in the management of Heart Failure. When too much fluid is taken in, the heart has to work very hard to pump the excess fluid volume. This can worsen your Heart Failure and cause shortness of breath, weight gain, swelling of the feet or legs and cause a bloated feeling.

Your doctor has recommended that your daily intake of fluids be limited to _____ cups or _____ ounces per day.

To help you measure:

- $\frac{1}{4}$ cup = 2 ounces
- $\frac{1}{2}$ cup = 4 ounces
- 1 cup = 8 ounces
- 2 cups = 16 ounces = 1 pint
- 4 cups = 32 ounces = 1 quart
- 6 cups = 48 ounces = 1 $\frac{1}{2}$ quarts
- 8 cups = 64 ounces = 2 quarts

For a guide, use a container large enough to hold _____ cups of liquid. A standard household measuring cup is needed for exact measuring.

Each time fluid is consumed, measure out of the water container the same amount of fluid in the item you are taking in. For example, if you are going to drink ½ cup of juice, measure ½ cup of water out of the container, then discard the water.

When the container is empty, you will have used up your daily fluid allowance.

Count any beverage you consume as fluid:

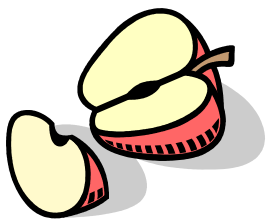
water	coffee	tea	soup
juice	soft drinks	milk	

Count fluid in all foods that become liquid at room temperature:

ice cubes	custard	pudding	jello
sherbet	Ice cream	ice milk	fruit ice
Popsicles	frozen yogurt		

If dry mouth is a problem, suck on sugar-free hard candy, a lemon wedge, a popsicle, frozen orange sections, or frozen grapes, or chew sugarless gum to moisten your mouth. Brushing your teeth frequently will also help.

Do not exceed your daily fluid allowance.



Low Sodium Diet Plan

Sodium is found in most foods. It may be natural or added during processing or cooking. To know if prepared foods have sodium added, read their food label. Look for words such as salt and sodium. The following will help you identify foods that are high in sodium. It also provides easy guidelines to help you limit your sodium intake.

Meats, Poultry, Fish, Eggs & Meat Substitutes

Limit to 6 ounces

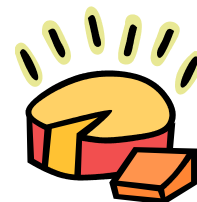
CHOOSE



- Meat, fish, poultry, shellfish...fresh or frozen, cooked without salt
- Low sodium tuna or regular tuna that has been rinsed in water and drained
- Peanut butter, unsalted
- Tofu
- Eggs
- Low cholesterol egg substitutes
- Healthy Choices® or Right & Light® entrees (Frozen entrees with a starch and vegetable should not exceed 600 mg sodium.)

Limit to 1 serving a day:

- Ricotta cheese, part skim
- Low sodium processed cheese (e.g., Alpine Lace® sliced cheeses)
- Cottage cheese (1/2 cup)
- Swiss or Mozzarella cheese (1 oz)



DO NOT CHOOSE



- Cured or processed meats: corned beef, Canadian bacon, bologna, cured ham, luncheon meats, sausage, dried chipped beef, hot dogs (regular and "1/3 less sodium)
- Canned chicken, salmon, shrimp, sardines or meat
- Peanut butter, salted
- Textured vegetable protein (TVP) products
- Frozen dinner entrees (except those listed under **CHOOSE**)
- Canned entrees, such as stews, chop suey, spaghetti
- Processed cheeses (American, cheese spread, cheese food)
- All other natural cheeses

VEGETABLES

CHOOSE

- Canned vegetables, with no added salt
- Raw vegetables
- Fresh or frozen vegetables, cooked without salt
- Canned vegetables, rinse and drain before preparation (limit to 1 cup per day)
- Instant mashed potatoes, omit salt when preparing
- Low sodium tomato or vegetable juice
- Tomato sauce, no salt added
- Tomato paste, no salt added

DO NOT CHOOSE

- Baked Beans
- Sauerkraut
- Pickles and pickled vegetables
- Frozen seasoned vegetable dishes
- Coleslaw and potato salad, unless homemade, without salt
- Tomato or vegetable juice
- Tomato sauce
- Tomato puree



SOUPS

CHOOSE

- Low sodium canned soups
- Homemade soups and broth, with no added salt
- Low sodium soup bases

DO NOT CHOOSE

- All soups and broth, unless low sodium
- "1/3 less salt" soups
- Dehydrated soup mixes



Milk & Yogurt

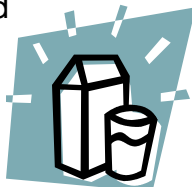
Limit to 2 cups per day

CHOOSE

- Milk: whole, reduced-fat, low-fat, fat-free, chocolate, powered, evaporated
- Yogurt: plain or fruited

DO NOT CHOOSE

- Buttermilk



Brought to you by Morrison's

BREADS, CEREALS, GRAINS, CRACKERS

Limit to 6 servings per day.

CHOOSE

- Yeast breads and rolls
- Bagel (1/2)
- English Muffin (1/2)
- Pita (1)
- Muffin (1 small)
- Bread dressing, homemade with no added salt (1/3 cup)
- Pancakes (1-4" diameter)
- Doughnuts, yeast (1)
- Crackers, unsalted tops (5)
- Dry cereal (3/4 cup), except those listed under NO LIMIT



NO LIMIT

- Hot cereal, cooked without salt
- Dry cereals
 - Puffed rice or puffed wheat
 - Shredded wheat
 - Wheat germ
 - Low sodium cornflakes
 - Low sodium crispy rice
- Crackers
 - Low sodium crackers
 - Unsalted matzoh
 - Melba toast
- Tortillas
- Pasta, noodles, or rice, cooked with no added salt



DO NOT CHOOSE

- Refrigerated dough
- Danish pastries
- Toaster pastries
- Bagels with salt toppings
- Biscuit mix
- Cornbread mix
- Commercially seasoned stuffing
- Frozen waffles
- Crackers with salt tops

BEVERAGES

CHOOSE

- Coffee and tea
- Cereal beverages
- Carbonated beverages
- Soft drinks and punch
- Mineral water

DO NOT CHOOSE

- Coca beverage mixes
- Sport beverages (such as Gatorade®)



FRUITS & JUICES

- ALL ARE ACCEPTABLE

EATING OUT

Today, many restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your French fries, or the ketchup off your burger. Another choice is to order a salad and add a squeeze of lemon instead of dressing, which is generally high in sodium. At restaurants that prepare foods “made to order”, ask that your meal be prepared without salt or MSG.

FOOD LABELS

Labels can be useful. The following are sodium-labeling definitions:

- **SODIUM FREE** –
Less than 5 milligrams of sodium per serving
- **VERY LOW SODIUM** -
Less than 35 milligrams per serving
- **LOW SODIUM** -
Less than 140 milligrams per sodium
- **REDUCED OR LESS SODIUM** –
The product has at least 25 percent less sodium than the original product
- **LIGHT** –
A product has at least 50 percent less sodium OR 1/3 fewer calories OR 50 percent less fat than the original product
- **NO SALT ADDED OR NO SALT** – No salt has been added in the preparation of the product **CAUTION: Many products with less sodium, less salt, lite, or light on the label still may have too much sodium.*
- **Sea Salt is the same as table salt in its sodium content but just with bigger crystals.**



FATS

CHOOSE

- Oil or shortening
- Cream cheese
- Cream, dairy and non-dairy
- Sour Cream
- Low sodium salad dressing (commercial or homemade)
- Imitation whipped topping

Limit to 4 servings per day:

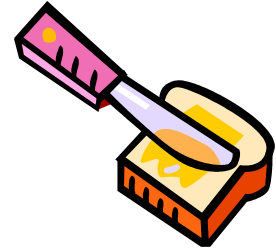
- Butter, margarine (1 tsp)
- Mayonnaise (1 Tbsp)

Limit to 1 serving per day:

- Salad dressing: regular or fat-free (1 Tbsp)

DO NOT CHOOSE

- Tarter sauce
- Bacon, bacon fat "1/3 less sodium"
- Gravy: canned, jarred or packet
- Salt Pork
- Dips
- Salad dressing: regular or fat-free (unless limited to 1 Tbsp per day)



SNACKS & SWEETS

CHOOSE

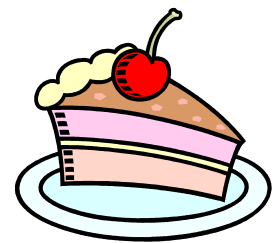
- Popcorn: homemade, unsalted; microwave, unsalted
- Pretzels, unsalted
- Nuts, unsalted
- Sugar, honey
- Jam or jelly
- Syrups: maple, corn, chocolate, etc.
- Cranberry sauce
- Candy
- Gelatin
- Ice cream, sherbet, or frozen yogurt
- Popsicles

Limit to 1 serving per day:

- Pie (1/8 – 9" diameter)
- Pudding (1/2 cup)
- Cookies (2)
- Custard (1/2 cup)
- Cake (1/16 – 9" diameter)

DO NOT CHOOSE

- Popcorn: commercial seasoned or microwave with salt
- Snack chips, pretzels or crackers with salt
- Olives
- Nuts with salt
- Cheesecake
- Instant pudding mixes



CONDIMENTS

CHOOSE

- Herbs and spices without salt, (e.g., onion and garlic), horseradish powder, vinegar, Mrs. Dash®, Tabasco ® sauce

Limit to 1 serving per day:

- Mustard (1 tsp)
- Ketchup (1 tsp)
- Worcestershire sauce (1 tsp)

DO NOT CHOOSE

- Salt, herb and spice blends containing salt
- Monosodium glutamate (MSG)
Note: MSG has no taste so it is not detected in foods!
- Soy sauce
- Teriyaki sauce
- Poultry seasoning
- Barbecue sauce
- Chili sauce
- Steak sauce
- Relish
- Poppa Dash®



Use the food label to help you choose appropriate foods for your diet.

Check the serving to see how much you will be able to eat for the sodium amount.

Single serve items with 140mg or less are good low sodium choices.

Nutrition Facts		
Serving Size ½ cup (114g)		
Servings Per Container 4		
Amount Per Serving		
Calories 90	Calories from Fat 30	
% Daily Value*		
Total Fat 3g	5%	
Saturated Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 300mg	13%	
Total Carbohydrate 13g	4%	
Dietary Fiber 3g	12%	
Sugars 3g		
Protein 3g		
Vitamin A 80%	• Vitamin C 60%	
Calcium 4%	• Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	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		

The Right Balance Between Activity & Rest

You can help strengthen your heart by doing some type of physical activity every single day. You may wonder how active you should be. You will have to learn how to balance your need for physical activity with your need for extra rest.

♥How active should you be?

- ♥ Talk to your doctor before starting an exercise program. Your doctor will work closely with you to figure out how much activity you can comfortably handle. Whatever you do, go slowly and give yourself plenty of time to adjust to the increased activity. You must listen to your body. If you feel poorly after physical activity, take it easy until you feel better.
- ♥ Remember, sexual activity is physical activity, too. Your doctor can also advise you when to resume sexual activity.



As a general rule, it's good for people with heart failure to stay active. This helps keep you in good shape so you can feel better and do more. Talk with your doctor or nurse about starting a physical activity program. You may need a supervised exercise stress test before you start.

Activities such as walking, swimming or biking may be recommended. Avoid activities where you have to hold your breath, bear down or use sudden bursts of energy. Don't lift heavy weights or move heavy furniture. These activities may cause difficulty in breathing. Stop and rest if any activity causes chest pain, shortness of breath, dizziness or lightheadedness.

Try not to be active right after meals, when it's hot or humid, when it's cold or when you don't feel good.

How much rest do you need?



- ♥ Giving yourself enough time to rest is vital to health and well-being. Resting for 30 to 60 minutes after meals and between daily activities eases the stress on your heart. In addition, plan time each day for relaxing activities, such as reading, sitting outside in the fresh air or watching TV. And remember to put your feet up to help reduce swelling of your legs and ankles.

Tips on Balancing Activity and Rest

♥ Take it slow and easy

- ♥ Choose lighter activities at first, such as walking or shopping. Take rest breaks often. As you begin to feel stronger, gradually increase your activities and shorten rest periods. Recognize that it can take time to build up your endurance. Be patient with yourself.



♥ Pace yourself

- ♥ Always try to do activities when you are well rested. Allow enough time for each activity. Space activities out during the day and stop before you get too tired. Modify tasks so that you can sit while doing them. Stand up or sit down slowly to avoid becoming lightheaded.

♥ Lighten up

- ♥ Lifting heavy objects, straining to reach things, and using too much “elbow grease” all make your heart work harder. Instead of lifting heavy grocery bags or piles of laundry, use a wheeled cart or divide them into smaller bundles. Keep items you use all the time within easy reach. Avoid strenuous arm motions while doing household chores, such as vacuuming, mopping floors, washing windows or working in the yard.

♥ Avoid temperature extremes

- ♥ Being too hot or too cold places extra stress on the heart. Adjust your routine based on the weather and dress appropriately. Save activities for the cooler, less humid hours of the day



GREAT NEWS FOR HEART FAILURE PATIENTS:

CMS (Centers for Medicare & Medicaid Services) has confirmed that patients with chronic, stable, heart failure can receive cardiac rehabilitation services. This means patients who meet the eligibility criteria may now be referred to cardiac rehabilitation.

Eligibility criteria are:

- ✓ Patients with left ventricular ejection fraction of 35% or less
- ✓ New York Heart Association (NYHA) class II to IV symptoms despite being on optimal heart failure therapy for at least six weeks.
- ✓ Stable patients are defined as patients who have not had recent (< 6 weeks) or planned (<6 months) major cardiovascular hospitalizations or procedures.

Ask your doctor if these criteria apply to you!

Stop Smoking: Home Plan

When used correctly, nicotine replacement therapy can double your chances of being able to quit smoking. Nicotine patches, gum, and lozenges are often used to help people stop smoking. If you started the nicotine patch while in the hospital, please continue!

You have been on ___ mg Nicotine patch for the last ____ days.

After discharge:

Apply ___mg patch topically daily for ____ days/weeks.

Apply ___mg patch topically daily for ____ weeks.

Apply ___mg patch topically for ____ weeks.

If you want to quit smoking, we recommend use of the nicotine patch, gum, and lozenges as below:

Nicotine Gum	No more than 15 mg/day. 1-2 pieces an hour. May be used with patch. Caffeine may decrease effects of gum	2 mg: If you smoke less than 19 cigarettes a day or smoke after the first 30 minutes of being awake. 4mg: If you smoke more than 20 cigarettes a day or smoke within the first 30 minutes of being awake.
Nicotine Lozenges	Do not use more than 5 lozenges in 6 hours or more than 20 lozenges a day. May be used with patch. Caffeine may decrease effects of lozenges.	2 mg: If you smoke less than 19 cigarettes a day or smokes after the first 30 minutes of being awake. 4 mg: If you smoke more than 20 cigarettes a day or smoke within the first 30 minutes of being awake.
Nicotine Patch	May be used alone or with gum or lozenges. Less than 10 cigarettes a day: <u>Start with 14 mg for 6 wks, 7 mg 2 wks. STOP using the patch after 8 weeks</u> More than 10 cigarettes a day: <u>Start with 21 mg for 6 wks, 14 mg for 2 wks, 7 mg 2 wks. STOP using the patch after 10 weeks.</u>	7 mg: If you smoke less than 10 cigarettes per day or less than 2 cans/pouches of smokeless tobacco a week. 14 mg: If you smoke 10-20 cigarettes per day, 2-3 cans/pouches of smokeless tobacco a week. 21 mg: If you smoke more than 20 cigarettes per day, more than 3 cans/pouches of smokeless tobacco a week.

Caution: Do NOT smoke with the patch on. Do not wear more than one patch at a time. Do not cut patch in half or into smaller pieces. Do not leave patch on for more than 24 hours because it may irritate your skin and it loses strength after 24 hours.

It is important to complete treatment. If you feel you need to use the patch for a longer period to keep from smoking, talk to your health care provider.

Online Resources/References: www.smokefree.gov and www.lung.org/stop-smoking

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1224 Trotwood Avenue
Columbia, TN 38401

Be Alert to Your Symptoms

Your symptoms provide vital clues to how well your heart failure treatment is working. If you notice any changes in your symptoms, call your doctor.

- ♥ Increased Shortness of Breath
Especially when you are lying down or when you exert yourself
- ♥ Extreme fatigue
While doing activities you used to be able to do more easily
- ♥ Sudden weight gain
2-3 pounds overnight or 5-7 pounds in a week
- ♥ Swelling of legs, ankles, or feet
- ♥ Frequent coughing
Especially when you are lying down or coughing up blood
- ♥ Rapid, irregular heartbeats
Or a feeling that your heart is “racing”
- ♥ Dizziness or fainting
- ♥ Chest pain or pressure –take your angina medicine as directed – stop what you are doing
- ♥ Nausea, loss of appetite, bloating, or tenderness in the area of the stomach
- ♥ Decreased urination
- ♥ You have blurred vision or see yellowish-green halos around objects or lights

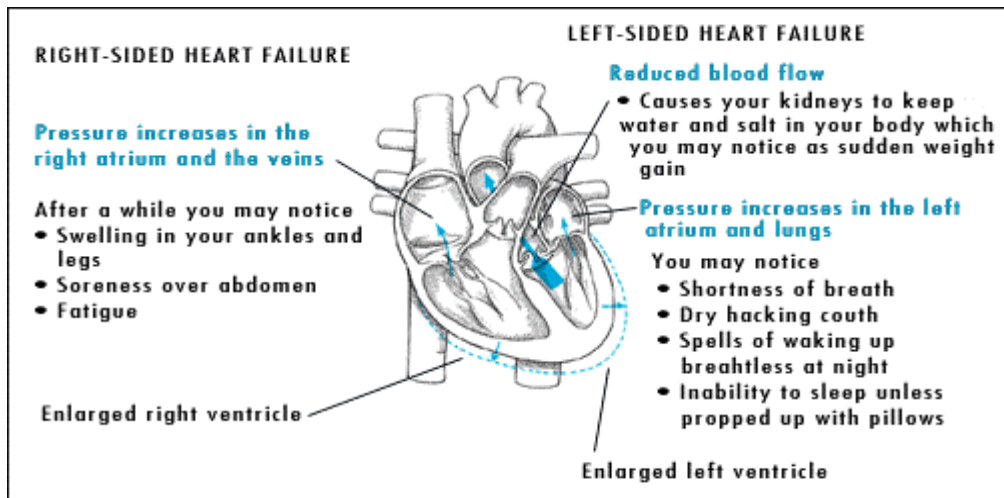
Go to the EMERGENCY ROOM IF:

- I ♥ You have unrelieved tightness or pain in your chest
- ♥ You are extremely short of breath
- ♥ You are coughing up pink frothy mucus
- ♥ You are traveling and develop symptoms of worsening heart failure

If you have angina or chest pain, stop what you are doing and rest immediately. Take your angina medicine as directed. If your pain does not go away, call 911. This is a medical emergency.

TYPES of HEART FAILURE

Symptoms can help doctors find out which side of your heart is not working properly.



If the left side of your heart is not working properly (left-sided heart failure), blood and fluid back up into your lungs. You will feel short of breath, be very tired, and have a cough (especially at night). In some cases, patients may begin to cough up pinkish, blood-tinged sputum.

If the right side of your heart is not working properly (right-sided heart failure), the slowed blood flow causes a buildup of fluid in your veins. Your feet, legs, and ankles will begin to swell. This swelling is called edema. Sometimes edema spreads to the lungs, liver, and stomach. Because of the fluid buildup, you may need to go to the bathroom more often, especially at night. Fluid buildup is also hard on your kidneys. It affects their ability to dispose of salt (sodium) and water, which can lead to kidney failure. Once CHF is treated, the kidneys' function usually returns to normal.

Approximately 5 million Americans suffer from the effects of Heart Failure each year. There are approximately 400,000 new cases of Heart Failure diagnosed each year.

By using this guide about Congestive Heart Failure, you can gain a better understanding of heart failure and its treatment. You will also learn that you can live with heart failure.

Meaning of Ejection Fraction (EF)

The Ejection Fraction (EF) is an important measurement of how much blood the left ventricle pumps out with each contraction (beat). It is used to determine (diagnose) heart failure and track the progression of heart failure.

Normal EF:

A normal ejection fraction may be between 55 and 70. (You can have a normal ejection fraction reading and still have heart failure).

YOUR EF: _____

CLASSIFICATIONS OF HEART FAILURE:

Class	How a patient with cardiac disease feels during physical activity.
I	Patients with cardiac disease but resulting in no limitation of physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, dyspnea or angina pain.
II	Patients with cardiac disease resulting in slight limitation of physical activity. They are comfortable at rest. Ordinary physical activity results in fatigue, palpitation, dyspnea or angina pain.
III	Patients with cardiac disease resulting in marked limitation of physical activity. They are comfortable at rest. Less than ordinary activity causes fatigue, palpitation, dyspnea or angina pain.
IV	Patients with cardiac disease resulting in inability to carry on any physical activity without discomfort. Symptoms of heart failure or the angina syndrome may be present even at rest. If any physical activity is undertaken, discomfort increases.

PALLIATIVE CARE:

Palliative care is specialized medical care for people with serious life-threatening illnesses. It focuses on providing patients with relief from the symptoms, pain and stress of a serious illness- whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a team of doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.