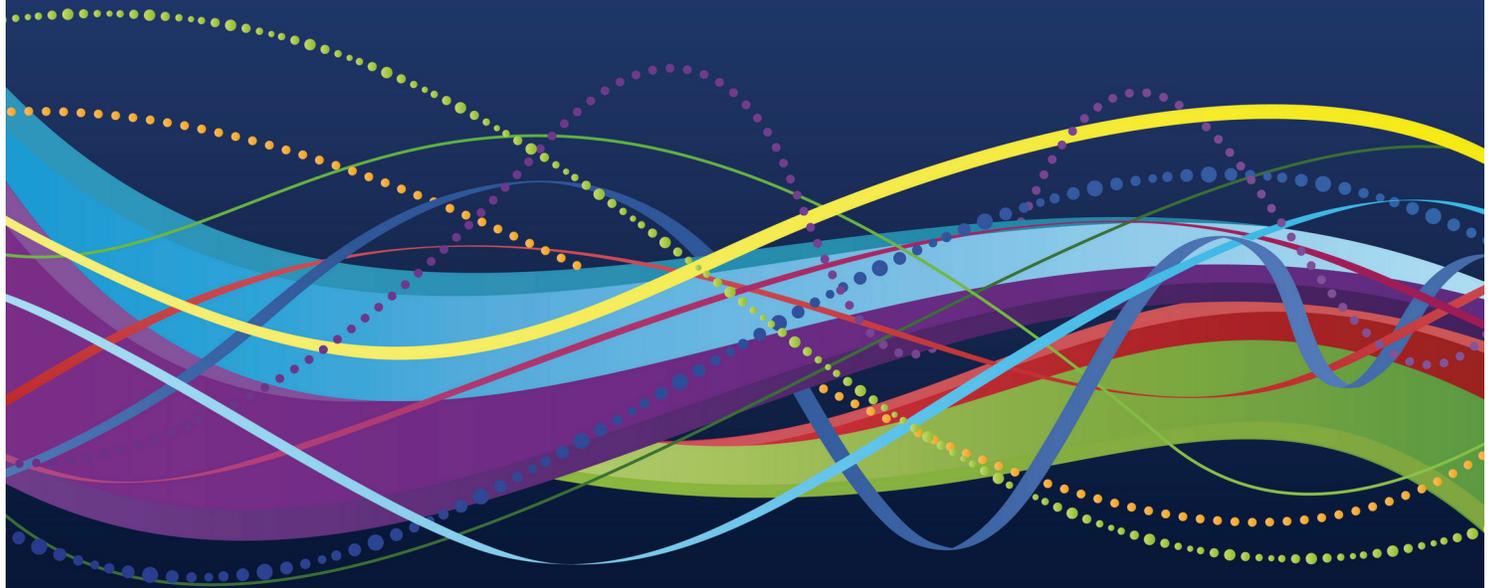


Congestive Heart Failure



Thank you for choosing CGH Medical Center for your Congestive Heart Failure care. We look forward to developing an excellent relationship with you and your family.

100 E. LeFevre Road • Sterling, IL 61081 • (815) 625-0400, ext. 3049

Phone Numbers

CGH Medical Center(815) 625-0400
Heart Failure Coordinator (815) 625-0400 ext. 3049
CGH Home Nursing 622-0836

Hospital Department Extensions: (Dial 815-625-0400, then extension)

Admitting 5551, 5543
Ambulance (Emergency) 911
Ambulance (Non-Emergency) 626-6649
Billing/Patient Accounts 5680
CGH Health Foundation 5672
Care Coordination/Case Management 5533
Cardio Lab 5514
Central Scheduling.....5550 or 625-3610
Central Scheduling (After-Hours)..... 5668
Chaplaincy Services 5727
Community Services 5666
Diabetes Educator 5586
Dietitians 4497, 5785
Heart Check 5550
Laboratory 5536
LifeStyle Medicine..... 1057
Medical Records/Health Information 5540
Neurology/EEG/Echo 456
Patient Advocate 4642
Physical Therapy 4483
Respiratory Care 4460
Social Services 5727, 4441
Sleep Center 5687
Wound Healing Center 564-4002

Nurse Stations

Ambulatory Care..... 5525
Critical Care 5509
Medical Floor..... 5564, 5851
Surgical Floor..... 5527, 5524

CGH Lynn Blvd Health Center 625-6750
CGH Main Clinic 625-4790

Table of Contents

During your hospital stay	page 4
About your heart	page 5
How does my heart work?	page 5
What is heart failure?	page 6
Causes of heart failure	page 6
Tests	page 7
Management of Congestive Heart Failure	
Medications	pages 9-17
Diet	pages 18-30
Weight	page 31
Exercise	pages 32
Work Simplification	pages 33-37
Time Management	page 38
Questions for My Doctor	page 39
Exercises & Upper Extremity Strengthening	pages 40-41
Pursed Lip Breathing	page 42
What Are The Danger Signs?	page 43
Tips About Cold/Hot Weather	pages 44-45
Healthy Habits	page 46
When to call the doctor?	page 47
What can my family do	page 48
Making your wishes known	page 49
Reading List	page 50
Congestive Heart Failure Diary	pages 51-53
Weight Chart	page 54
Reference Material	

This booklet will teach you and your family about heart failure. Your doctors, nurses and other health workers will help you learn about heart failure.

The more you know, the more you can do to feel better!

During your hospital stay...

These people may help you and your family:

- Your **Primary Care Doctor** (your regular doctor)
- A **Cardiologist** (a heart doctor)
- **Other doctors** if your doctor feels they may help you.
- The unit is composed of **RNs** (registered nurses) and **CNAs** (certified nurses assistants). The RN is responsible for coordinating your care and is the person you should contact with any questions and/or concerns. CNAs work under the direction of the RN. The role of the CNA is to assist you with meals, personal care, and will perform tasks such as checking your temperature. These care providers are supported by unit assistants and unit secretaries. A nurse manager assumes responsibility for each unit and is available to meet with you, if you wish.
- A Case Manager will work with you and your care providers to coordinate your discharge plans.

■ A **Dietitian** is available to help you learn about the types of foods you should eat.

■ A **Physical Therapist** or **Occupational Therapist** may show you things that you can do to get your strength back and to make everyday activities easier.

■ A **Chaplain** is available upon request for support and spiritual needs.

■ **You.** Do as much as you can for yourself and be a part of your team. If you or your family have any questions, write them down in the back of this book so you do not forget to ask them. Tell us how you feel about your care. You need to be a part of your care.

About your heart...

The heart is a pump made of muscle. When it squeezes, it pushes blood through your body. Blood carries oxygen to every part of your body. Your heart is about the size of your fist.

When a person rests, the heart pumps about 1-1/2 gallons of blood each minute. During exercise, it pumps up to 5 gallons of blood each minute.

Exertion or exercise makes the heart beat (pump) faster and squeeze harder so that more blood and oxygen are pushed through the body. Muscles need extra oxygen when they work.

If you have heart failure, your heart pumps less blood with each squeeze. This may make you feel tired, weak, short-of-breath or dizzy.

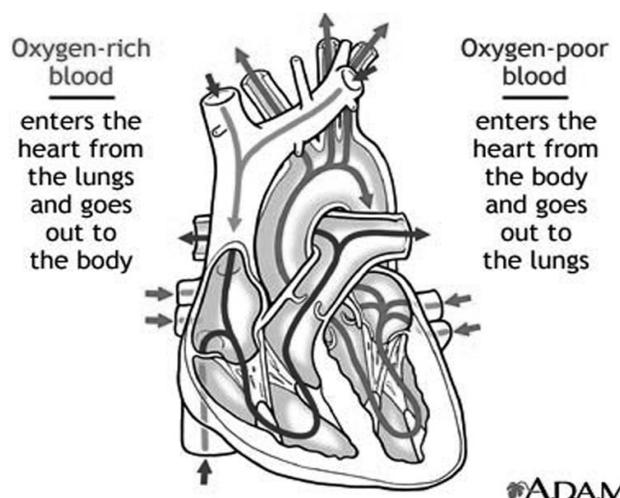
How does my heart work?

Blood moves through 4 different parts of the heart. These 4 parts (chambers) are like 4 rooms.

With each beat of the heart, blood moves from the right upper room (right atrium) through a door (valve) into the right lower room (right ventricle). Blood then goes to the lungs to get oxygen.

The blood carrying oxygen goes through a door (valve) into the left upper room (left atrium). It goes through another door (valve) into the left lower room (left ventricle).

From there the blood goes through a final door (valve) to all parts of the body. Blood then returns to the heart and goes through the doors and rooms over and over. This is called circulation.



What is heart failure?

“Heart Failure” means that your heart does not pump as well as it used to pump. Your heart still beats, but it is weak so it does not pump as much blood as your body needs.

When this happens, blood that should be pumped out of the heart backs up in the lungs and other parts of the body. This is why you may feel short-of-breath or have swollen feet, ankles or legs.

There is no cure for heart failure. Heart failure can be treated with medications and

special diet. This may help your breathing and give you more energy.

Symptoms of heart failure:

- Weight gain: 3-5 pounds in 1-2 days
- Shortness of breath
- Swelling of legs, ankles, or feet
- Restlessness, trouble sleeping (feeling the need to sleep in a chair or propped up on pillows)
- Dry, hacking cough (most often when lying down)
- Fatigue, weakness
- Loss of appetite (abdominal swelling)

Causes of Heart Failure

■ High Blood Pressure:

The left chamber (ventricle) of the heart pumps blood into the arteries that carry blood to the body. If blood pressure stays high for a long time, the heart’s left chamber can become enlarged and weak. Heart failure can be the result.

■ Abnormal Heart Valves:

Abnormal heart valves do not open or close completely during each heartbeat. If a valve does not open or close like it should, the heart muscle has to pump harder. If the workload becomes too much then heart failure occurs.

■ Coronary Artery Disease:

Damage of the heart muscle can occur when the blood supply is decreased or stopped from reaching the heart muscles. This occurs when there is a buildup of cholesterol and fatty deposits in the blood vessels that supply the heart muscle with blood. When large areas of the heart are

damaged, the heart does not pump well. Heart failure can then occur.

■ Cardiomyopathy

When the heart muscle is overworked over a long period of time, it stretches or becomes larger.

Other Causes

- Severe lung disease
- Congenital heart disease
- Overactive thyroid
- Low red blood cell count (severe anemia)
- Abnormal heart rhythm

A stretched heart muscle does not pump as well as it should. This is like a rubber band that has lost its snap. Other things may cause this such as a virus, the effects of alcohol, or unknown agents.

Tests

These tests may be done to see how your heart and lungs are working:

■ Blood Tests (a small amount of blood will be drawn from your vein.)

■ An EKG (electrocardiogram) is done by placing small, sticky patches on your chest, arms and legs to see how your heart is working. It does not hurt you but you must lie still for a few minutes. It can be done in your room.

■ A Chest X-ray will show if there is fluid in your lungs or if your heart is enlarged.

■ An Echo (echocardiogram) is done by placing a gel (like Vaseline) on your skin and rubbing it around with a metal scanner over your chest. This takes pictures of your heart. It also tells your doctor how much blood your heart can pump each time it beats.

■ A Pulse-oximeter is a machine that will tell how much oxygen is in your blood. It can be done in a few seconds by putting a clip (like a clothes line clip) loosely on your finger.

■ Your doctor may want to do a test on a urine sample. You will be given a cup to urinate in. This will let us know if you have an infection.

■ Your doctor may want you to wear a heart monitor so that your heart rhythm can be watched at the nurse's desk. You will have several sticky patches placed on your chest. Wires are attached to these patches and they will be connected to a small monitor. The monitor is light weight and can be worn around your neck, or slipped into a pocket on your gown.

■ Your doctor may want you have an exercise stress test. This test records your heartbeat and blood pressure at rest, during exercise and just after exercise. You may walk a treadmill or ride a stationary bike. You will slowly increase the rate at which you exercise to see how your heart responds.

■ Your doctor may want your have a heart cath (Cardiac Catheterization). This test will let your heart doctor see what the vessels that supply blood to your heart look like. If they are blocked, this could cause a heart attack. Several different things may be done to fix this problem. Your doctor will discuss them with you.

Note: *Some of these tests may be done while you are in the hospital or after you leave the hospital. Some of the same tests may be repeated as an outpatient at a later time to see how you are doing.*

Management of Congestive Heart Failure

How do I take care of my heart failure?

These things may make your heart failure better:

- Medication
- Diet
- Activity/Exercise
- Healthy Habits

If you chose not to make the recommended lifestyle changes, or to take your medications, tell your doctor.

What do I need to do?

- Tell your doctor if you have any problems.
- Take the medicines the way your doctor told you to take them.
- Limit your fluid intake, if recommended by your doctor.
- Do what your doctor tell you to do - exercise and other activities.
- Stay away from “fast” foods. They are almost all high in salt.
- Follow your diet.
- Complete your CHF diary daily. You must weigh yourself daily first thing every morning after you go to the bathroom. Always weigh yourself before you get dressed or eat breakfast. Use the same scale each time. Use a chart to keep track of your weight. If you gain 3-5 pounds in 1-2 days, call your doctor or nurse because you may be holding water. If you do not have a scale at home, let your nurse know. It is very important for you to have a scale.

MEDICATIONS

What I Should Know About Taking My Medicines

It is very important for you to take your medicines every day. Take them even if you feel well. Do not skip any doses and do not take more medicine than you were told to take. Do not stop taking your medicine unless your doctor says to stop.

You may have to take medicine for the rest of your life. There is no cure for heart failure. Taking your medication, watching your diet and weight may help you feel better.

Be sure to tell all your doctors all of the medicines that you take. Do not take medications (like cough syrup or cold remedies) without asking your doctor or pharmacist.



How Do I Know When To Take My Medicine?

Your nurse or pharmacist can help you work on the best times for you to take your medication based on your lifestyle. It may be helpful for you to use a chart to keep track of when to take your medicine. Always carry a list of your medicine, the amount and time you take your pills and you doctor's name and phone number with you. In an emergency, this will help the doctors take care of you.

We have provided a medication card in this notebook for you to use.

What if I am having trouble paying for my medicine?

There are programs and resources to assist with medication costs. Tell your doctor or nurse if you cannot pay for your medicine.

Medication

Common medicines used to treat heart failure:

■ **ACE Inhibitors (page 11):**

Makes it easier for your heart to pump

■ **Beta Blockers (page 12):**

Treats high blood pressure, angina (chest pain)

■ **Digoxin (page 13):**

Helps your heart to squeeze harder to pump more blood

■ **Diuretics (page 14):**

“Water pills” help to remove extra fluid from your body

■ **Nitrates (page 15):**

Helps more blood and oxygen to get to the heart

■ **Potassium (page 16):**

Replaces potassium in your body

■ **Vasodilators (page 17):**

Makes it easier for your heart to pump

Your physician, nurse and pharmacist can teach you about your medicines.

ACE Inhibitors

Includes: Catopril (Capoten®), Enalapril (Vasotec®), Lisinopril (Zestril®), Prinivil®), and others.

When taken regularly, these medicines help people to feel better. These medicines lower your blood pressure so that your heart doesn't have to work so hard. They make your blood vessels wider, making it easier to pump blood through your blood vessels.

Space Ace Inhibitor and Beta Blockers 1 hour apart.

It may take a week or two before you begin to feel better once you begin taking this medication. Most people take these medicines without side effects.

Some people have noticed:

- a cough
- dizziness
- a rash on the skin
- a loss of taste

Tell your doctor if you have any of these side effects after taking your medicine. Do not stop taking this pill unless your doctor tells you to stop.

Call your doctor immediately if you get:

- a pain in your chest
- swelling in your hands, feet, face, or mouth
- a sudden feeling that it is hard to breathe
- nausea, vomiting or diarrhea

Beta Blocker

Includes: Tenormin, Cartrol, Coreg, Lopressor, Toprol XL, Corgard.

Treats high blood pressure, angina (chest pain) and reduces the risk of repeated heart attacks. You should not use this medicine if you have asthma or if you have had an allergic reaction to other beta blocker medication.

Take this medication regularly, even if you feel fine your blood pressure can still be high. May be taken with or without food.

Space Ace Inhibitor and Beta Blockers 1 hour apart.

Do not stop taking this medication suddenly, because you may need to take smaller and smaller doses before completely stopping the medicine. You could be sensitive to cold weather.

Call your doctor immediately if you have:

- slow or irregular heart beat
- chest pain
- wheezing or difficulty breathing
- skin rash - severe itching or hives
- swelling of legs or ankles

Talk with your doctor if you have:

- dizziness
- drowsiness
- difficulty sleeping or abnormal dreams
- weakness, depressed mood
- decreased sexual ability
- colds hands and feet

Digoxin

Also called Lanoxin®

Digoxin will help your heart squeeze harder to pump more blood to your body. It will also help to regulate your heartbeat.

Digoxin may make you feel better and you may be more active.

Most patients can take this medicine without any problems.

Tell your doctor if you:

- don't feel like eating
- feel nauseated.
- notice that your eyesight is blurred.
- see a yellowish-green color around lights
- feel like your heart is beating fast

Do not stop taking this medicine unless your doctor tells you to stop.

Your doctor has prescribed a specific amount of medicine for you. Take this medicine as your doctor instructed. Sometimes, the amount of Digoxin in your blood may be too much or not enough. This may make your heart rate (pulse) speed up or slow down. Every now and then, your doctor will check the amount of Digoxin in your blood to make sure you are getting the right amount.

Diuretics

Includes: furosemide (Lasix®), bumetide (Bumex®), Dyazide®, Maxzide®, hydrochlorothiazide.

These are “water pills”. They help your body get rid of extra water. You may lose weight and your swelling may go down. You will urinate more. Because you will urinate more often, take this medication early in the day. Try not to take it right before bedtime because you may have to go to the bathroom frequently during the night.

Once the extra fluid is out of your body, it will be easier for your heart to pump your blood. You may feel like you can breathe better and have more energy.

This medicine may make your blood lose potassium. Your doctor will test your blood every now and then to check how much potassium you have in your body.

Your doctor may want you to increase your potassium by:

- eating certain foods like bananas, raisins, and orange juice
- taking a potassium supplement

Contact your doctor if you notice any:

- leg cramps or pain in your joints
- dizziness or lightheadedness
- accidental urine leakage (incontinence)
- a rash on your skin

Do not stop taking this pill unless your doctor tells you to stop.

Nitrates

Includes: isosorbide (Isordil®), ISMO®, Imdur®), nitroglycerin

This medicine help more blood and oxygen to get to the heart. Take this medicine exactly how your doctor or pharmacist tells you to take it. Take this medicine with a full glass of water or on an empty stomach. It will work sooner if you take it 1 hour before a meal or 2 hours after a meal.

Extended-release capsules or tablets **must not** be broken, crushed, or chewed. If they are broken, they will not work properly. Swallow them whole.

If you get up quickly from lying down or from sitting, you may get dizzy. Try getting up slowly. Drinking alcohol may make your dizziness worse and may make your blood pressure drop. Talk to your doctor before drinking alcohol.

After taking this medicine, you may get a headache. It should only last a short time. You will not notice this headache as much after you have taken this medicine for a while. If your headaches continue or are severe, tell your doctor. **Do not stop taking this pill unless your doctor tells you to stop.**

Call your doctor if you notice:

- blurred vision
- a dry mouth
- a rash on your skin
- a severe headache (or if after taking this after taking this medicine for a while, you keep getting headaches)

Potassium

Your body needs potassium. Your doctor may ask you to take potassium replacements if you do not have enough potassium in your diet or if you have lost too much potassium because of illness or medicines (diuretics).

When taking potassium you have:

- diarrhea
- an upset stomach
- vomiting

Try taking your potassium with food. This may stop or prevent problems. If you still have problems after taking your potassium with food, call your doctor. Do not stop taking this pill unless your doctor tells you to stop.

Call your doctor if you feel:

- like your heart is “skipping” a beat
- more tired or weak than usual.
- confused
- numbness or tingling in your hands, feet or lips
- difficulty breathing

Vasodilators

Includes: Transderm Nitro, Nitrodur, Nitrostat (isosorbide dinitrate), ISMO, Imdur (isosorbide mononitrate), and Apresoline (hydralazine).

This medicine makes it easier for your heart to pump by relaxing the blood vessels.

When you take vasodilators, you may notice:

- dizziness, especially when you get up quickly from lying down or sitting.

Try getting up slowly. This may help. Drinking alcohol may make your dizziness worse and your blood pressure may drop. Talk to your doctor before you drink any alcohol while taking this medication.

- a fast heart rate
- a feeling that your heart is “pounding”
- constipation
- nausea and vomiting (may go away, try taking this medicine with food)

These are common effects of this medicine. You do not need to call your doctor unless they become bothersome. Do not stop taking this pill unless your doctor tells you to stop.

Call your doctor immediately if you get:

- chest pain or pressure
- swollen hands or feet
- muscle aches
- a yellow color on your skin or eyes
- pain in your joints
- numbness or tingling in your fingers or toes
- short of breath
- a rash on your skin

Diet

Eat less sodium. Sodium is an important substance. It helps your body balance the level of fluids inside and outside the cells. To keep up this balance, the body needs about 2,000 mg of sodium per day. Yet, most of us eat 3,000 to 6,000 mg of sodium each day.

Most people with heart failure are asked to eat less sodium. Sodium attracts water and makes body hold fluid so that the heart works harder to pump the added fluid. People with heart failure should limit their sodium intake to no more than 2,000 mg sodium per day.

1 teaspoon salt = 2,000 mg sodium

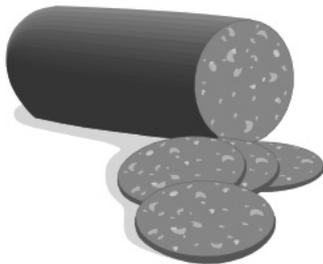
Our most common source of sodium is table salt.
Table salt is 40% sodium and 60% chloride



Remember:

Processed foods are the largest contributor of sodium in the diet.

Read labels and choose more unprocessed foods than processed foods.



Nutrition Facts

Serving Size 1 cup (30 grams)

Servings Per Container 12

Amount per serving



Enhance the flavor of your foods without adding sodium or potassium by using pure herbs and spices.

Be aware when purchasing herbal salt blends. Many are merely herbs added to salt. Read the ingredients carefully, or blend your own combinations. Several commercially prepared seasoning mixes (such as Mrs. Dash) are available and can be used to season food. Eat a wide variety of foods to ensure a healthy diet.

If you have questions about your diet, contact your Registered Dietitian (RD).



Salt Substitutes:

Not everyone should use salt substitutes. If you are under medical supervision, or if you have kidney problems, be sure to check with your physician before using salt substitutes. Many salt substitutes replace sodium with potassium. Be sure to read the label before using a substitute.

The following definitions apply to sodium labeling terms:

■ Sodium-free:

Less than 5 mg sodium/serving

■ Very low sodium:

35 mg or less of sodium/serving

■ Low sodium:

140 mg sodium or less/serving

■ Reduced sodium:

At least a 25% reduction in the 1 level of sodium usually found in the food.

■ Unsalted:

No salt added during processing to a food normally processed with salt (sodium may still be naturally present in the food).

Hints for lowering sodium in diet:

■ Rinse canned foods before cooking or eating them. This removes some of the sodium.

■ Season foods with dried or fresh herbs, vegetables, fruits or no-salt seasonings.

■ Make your own breads, rolls, sauces, salad dressings, vegetable dishes and desserts when you can.

■ Eat fresh or unsalted canned vegetables. They have less sodium than most processed.

■ Buy water packed tuna and salmon. Break up into a bowl of cold water and let stand for 3 minutes. Rinse, drain and squeeze out water.

■ Bake, boil, steam, roast or poach foods without salt.

■ Don't buy convenience foods such as prepared or skillet dinner, deli foods, cold cuts, hotdogs, frozen entrees or canned soups. These have lots of salt.

■ When you eat out, order baked, broiled, steamed or poached foods without breading, butter or sauces. Avoid foods that have the word "cream" or "creamed" in their description. Also ask that no salt be added. Go easy on the salad dressing, most are high in salt.

■ Stay away from "fast foods", they are almost all high in salt.

■ Read all labels for salt, sodium or sodium products (such as benzoate, MSG). Ingredients are listed in order of amounts used. A low sodium product means 140 mg or less per serving. Try to buy products labeled, "low sodium" or "no added salt". Also pay close attention to the number of servings in products. If a product contains 2 servings in a package and you consume the whole package, you are getting 2 times the amount in sodium. Eat only small amounts of food that have 150-350 mg sodium per serving. Do not eat products that have than this per serving.

Shake the Salt Habit:

- Taste food before you salt.
 - Salt can be omitted from most recipes
 - If you must use canned foods, rinse them well with cold water before using.
 - Don't automatically add salt to cooking water.
 - Take the salt shaker off the table or use a pepper shaker for the salt (smaller holes) instead.
-

Contrary to popular myth, a low-sodium diet does not have to be bland or boring! The secret to a zest, delicious diet is not just to take salt away, but to replace it with other flavoring. Change salt habits gradually. Let your taste buds adjust over weeks and months; soon your old choices will seem salty.

Herbs and spices can provide creative, tasteful alternatives to salt for flavoring foods. Through practice with using herbs and spices, imaginative flavors can be created and simple foods made into gourmet delights.

Seasoning Without Salt:

Herbs and spices do not contain salt and can be used to season foods. Read the labels of all blends to ensure that they are salt-free.

Listed below are seasoning suggestions to start you out - onions, garlic and pepper enhance the flavor of most foods.

■ **Beef and Veal** - bay leaf, sage, thyme

■ **Chicken** - lemon, paprika, poultry seasoning, sage

■ **Fish** - bay leaf, lemon juice, paprika

■ **Lamb** - garlic, mint, mint jelly, rosemary

■ **Pork** - apple, garlic, onion, sage

■ **Pasta, Rice, Potatoes** - garlic, oregano, paprika

■ **Rice** - chives, onion

■ **Asparagus** - garlic, lemon juice, vinegar

■ **Broccoli** - lemon juice, garlic

■ **Cucumbers** - chives, dill, garlic, onion, vinegar

■ **Green Beans** - dill, lemon juice

■ **Greens** - onion, pepper, vinegar, lemon

■ **Peas** - parsley, onion

■ **Squash** - brown sugar, cinnamon, nutmeg, ginger

■ **Tomatoes** - basil, onion, oregano

Other Flavoring Agents:

■ **Citrus:**

Lemon juice, lime juice, grated lemon or orange zest. Use in meat, fish and salads for a fresh, clean taste.

■ **The onion family:**

Onion, garlic, shallots, scallions, leeks and chives. Use raw or cooked, chopped fine or grated.

■ **Vinegars:**

Flavored vinegars can vary from delicate and mild to tangy and sharp. Try balsamic, rice, tarragon or raspberry vinegar. Use in salads, pasta dishes, meat marinades on vegetables and in bean dishes.



Adding Flavor and Variety to Foods:

■ Add **lemon juice** or **vinegar** after vegetables have been cooked; otherwise, cooking time will be lengthened.

■ In order to obtain a delicate flavor, spices should be added to soups or stews about 45 minutes before cooking and to cold foods several hours or overnight, before serving.

■ **Asparagus** - caraway seeds, lemon juice, mustard seed, sesame seed, tarragon.

■ **Beans** - basil, dill seed, lemon juice, mustard seed, nutmeg, oregano, sage, savory, sugar, tarragon, thyme.

■ **Beets** - allspice, bay leaves, caraway seed, cloves, dill seed, mustard seed, tarragon.

■ **Broccoli** - caraway seed, dill seed, mustard seed, oregano, tarragon.

■ **Cabbage** - caraway seed, dill seed, mint, mustard seed, dry mustard, nutmeg, poppy seed, savory, thyme, vinegar.

■ **Carrots** - Allspice, bay leaf, caraway seed, chives, cloves, dill, fennel, ginger, green pepper, mace, marjoram, mint, nutmeg, thyme.

■ **Cauliflower** - caraway seed, chives, dill weed, lemon juice, mace, nutmeg, parsley, rosemary, tarragon.

■ **Corn** - curry, green pepper.

■ **Cucumbers** - basil, dill weed, lemon juice, mint, nutmeg, tarragon.

■ **Eggplant** - chives, grated onion or garlic, marjoram, oregano, chopped parsley, tarragon.

■ **Lettuce Salad** - basil, caraway seed, chives, dill, garlic, lemon, onion, tarragon, thyme, vinegar.

■ **Onions** - caraway seed, mustard, nutmeg, oregano, pepper (red or green), sage, thyme.

■ **Peas** - basil, dill, marjoram, mint, oregano, parsley, green pepper, poppy seed, rosemary, sage, savory thyme.

■ **Potatoes** - basil, bay leaves, caraway seed, chives, dill weed, mace, mustard seed, onion, oregano, paprika, parsley, green pepper, poppy seed, rosemary, thyme.

■ **Spinach** - basil, mace, marjoram, nutmeg, oregano.

■ **Squash** - allspice, basil, cinnamon, chives, cloves, nutmeg, fennel, ginger, mace, mustard seed, onion, rosemary.

■ **Sweet Potatoes** - allspice, cardomom, cinnamon, cloves nutmeg.

■ **Tomatoes** - allspice, basil, bay leaf, curry, dill weed, marjoram, onion, sage, thyme.

■ **Beef** - allspice, bay leaf, caraway seed, garlic, marjoram, dry mustard, nutmeg, onion, pepper, green pepper, thyme.

■ **Veal** - bay leaf, curry, currant jelly, ginger, marjoram, oregano, rosemary, thyme.

■ **Pork** - apples, applesauce, cloves, garlic, onion, oregano, sage, savory thyme.

■ **Lamb** - basil, curry, garlic mint or currant jelly, mint, pineapple, rosemary, thyme.

■ **Poultry** - cranberries, thyme, parsley, paprika, poultry seasoning, rosemary, sage.

■ **Fish** - bay leaf, curry, marjoram, dill weed, dry mustard, lemon juice, parsley, green pepper, tomatoes.

■ **Eggs** - curry, dry mustard, onion, paprika, parsley, green pepper, thyme, tomatoes.

Low Sodium Foods - What to Buy

Fruits

- Fresh, canned or frozen

Vegetables

- Fresh or frozen - no sauce or plastic pouches
- Canned (unsalted)

Drinks

- Fruit juices, fresh or frozen canned low sodium or no salt added tomato and vegetable juice
- Instant breakfast - all flavors except eggnog (limit to 1 cup per day)
- Lemonade (fresh/frozen concentrate)
- Tea, coffee

Dairy Choices *Limit to 2-3 per day:*

- Liquid or dry milk (1% or skim)
- Homemade buttermilk (made from powdered milk)

Limit to 2 cup or 1 oz. of one of these per day:

- Cottage cheese, dry curd/low sodium
- Ricotta, low fat or skim milk mozzarella, Neufchatel

Fats, Oils

- Canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower oil.
- Salad dressing or mayonnaise - low sodium
- Margarine (unsalted)

Meats, Poultry, Fish

- Fish, fresh or frozen (not breaded)
- Canned tuna and salmon (unsalted or rinsed)
- Chicken or turkey
- Lean cuts of beef, veal, pork, lamb
- Beef tongue



Meat Substitutes:

- Dried beans, peas, lentils (not canned), nuts or seeds (unsalted, dry roasted), sunflower seeds, peanuts, almonds, walnuts, unsalted peanut butter, tofu (soybean curd).

Breads, Cereals, Grains, Starches

- Loaf breads and yeast rolls (limit to 3 slices /day)
- Homemade breads (with regular flour, not self-rising)
- Melba toast
- Matzo crackers
- Pita
- Taco shell
- Tortilla (corn)
- Cooked cereals: corn grits, farina (regular), oatmeal, oat bran, cream of rice, cream of wheat.
- Puffed rice or wheat cereal, shredded wheat (or any cereal with 100-140 mg sodium - limit to 1 cup per day)
- Wheat germ
- Popcorn (not salt or fat added)
- Starchy vegetables: corn, potatoes, green peas, rice (enriched white or brown).
- Pasta



What NOT to buy:

Vegetables

- Salted canned vegetables
- Sauerkraut

Breads, cereals, grains, starches

- Self-rising flour and corn meal
- Prepared mixes (pancake, waffle, muffin, corn bread)
- Instant cooked cereals

Dairy Products

- Buttermilk (store bought)
- Canned milk (unless diluted and used as regular milk)
- Egg substitute (limit 2 cup per day)
- Eggnog (store bought)
- Salted butter and margarine

Bouillon (all kinds)

- Canned broth
- Dry soup mixes, canned soups (even reduced sodium soup can be high in salt. Check the label)

Meats

- Canned meats
- Canned fish (sardines, unrinsed tuna and salmon)
- Cured meats (dried beef, bacon, corned beef)
- All types of sausages (beef, pork, chicken, turkey, polish sausage, hot dogs, knockwurst)
- Sandwich meats (bologna, salami, olive loaf)
- Peanut Butter
- Salted nuts

Sweets

- Prepared mixes (pie, pudding, cake)
- Store-bought pies, cakes, muffins

Cooking ingredients, seasonings, condiments, snacks

- Fermented miso
- Pre-seasoned mixes for tacos, spaghetti, chili, etc.
- Coating mixes
- Pre-seasoned convenience foods
- Tomato Sauce (unless unsalted)
- Baking soda, baking powder (use low sodium type)
- Olives
- Pickles (dill, sour, sweet gherkins)
- Pretzels, chips, skins, etc.
- Soy sauce, teriyaki sauce
- Cooking wine
- Light salt, seasoning salt, sea salt, meat tenderizer, garlic salt, monosodium glutamate (MSG), celery salt, onion salt, lemon pepper

Use low sodium type or limit to 2 Tbsp. per day:

- Ketchup
- Chili sauce
- BBQ sauce
- Mustard
- Salad dressing

Drinks

- Sports/athletic drinks (Gatorade)
- Canned tomato or vegetable juice (unless unsalted)

Limit Fluids:

Many people with heart failure have trouble with their body holding fluid. Being very thirsty is also common. Even if you are thirsty, this does not mean that your body needs more fluid. You need to be careful NOT to replace the fluid that diuretics (water pills) have helped your body get rid of. Try using small amounts of sugar free hard candy to help with dry mouth.

Many doctors suggest that people with heart failure limit their total fluid to 8 cups per day. This includes fluids taken with medicines. Here are some examples of liquids and foods that count as part of your fluid total:

- Water
 - Juice
 - Yogurt
 - Pudding
 - Ice Cubes
 - Ice Cream
 - Coffee
 - Milk
 - Soup
 - Jello
 - Tea
 - Soda
 - Juices in fruits (1 orange = 4 oz.)
-

To help you measure:

- ▶ 1 cup = 8 oz. = 240 ml.
- ▶ 1 ½ cups = 12 oz. = 360 cc
- ▶ 2 ½ cups = 20 oz. = 591 cc
- ▶ 4 cups = 32 oz. = 1 qt. = 1000 ml = 1 liter
- ▶ 8 cups = 64 oz. = 2 qts. = 2000 ml = 2 liter
- ▶ 1ml=1cc
- ▶ 1oz.=30ml

Your fluid restrict is _____ml's per day.

Weight:

Watch your weight....

- You must weigh yourself the first thing every morning after you go to the bathroom.
- Always weigh yourself before you get dressed or eat breakfast.
- Use the same scale.
- Write down your weight.

If you gain 3 to 5 pounds in
1 - 2 days, call your doctor or nurse.

You may be holding water.

**If you do not have a scale at
home, let your nurse know.**

It is important for you to have a scale.



Exercise

■ *Can exercise help my heart?*

Exercise cannot change your heart condition, but exercise can help you feel better. Strong muscles will allow you to do more and feel less tired; helping take some of the strain off your heart.

■ *Can exercise hurt my heart?*

Only hard exercise and exertion can stress your heart condition. Any exercise which makes you feel discomfort should be avoided. Unless you are closely monitored by a health professional, it is best to keep your exercise effort light.

■ *Some activities and exercises to avoid:*

- Vigorous scrubbing, buffing, or repetitive reaching overhead.
- Weight lifting, push-ups, squatting knee bends (avoid lifting objects greater than 15 pounds).
- Avoid unnecessary stair climbing walking hills.
- Do not exercise if it is hot, humid or cold.

■ *What kind of exercise should I do?*

Gentle walking or easy pedaling on an exercise bike is probably the best exercise to start with. Your effort should be light to moderate and you should feel comfortable. How often and how long you can exercise at a time depends on your individual abilities and your heart condition. Exercise should not make you too tired to follow your daily routine of living.

While you are in the hospital, a physical therapist will help you determine how much and what kind of exercise will work for you. If you choose to participate in a cardiac rehabilitation program, the staff can help you gradually progress your exercise program safely in a monitored setting.



WORK SIMPLIFICATION

What is work simplification?

The process of performing an activity by using short cuts, energy saving methods, and proper body mechanics.

Who needs to use the techniques?

Everyone! Especially people who experience muscle weakness, shortness of breath, fatigue easily, have joint involvement, and/or cardiac complications.

Some suggestions for simplifying your work are:

Plan your day's activities:

- Set priorities - Ask yourself, "What must I do today?"
- Remember to plan rest periods. Both mental and physical rest breaks should be included in your everyday routine. Ten minutes of each hour should be spent resting, preferably in a reclined position. Sitting at rest takes 1/3 more energy than lying still.
- If fatigue develops during activity, stop and rest for at least 15 minutes, even if the job is left unfinished.
- Alternate light and heavy work throughout the day and week.
- Since the digestive processes increase the workload of the heart, an important time to rest is immediately after meals.

TUESDAY

- Dr. Appt.
- Shopping
- Mow Lawn
- Hair Cut
- Card Club

Sit whenever possible for all long-term activities.

- When resting, elevate your legs on a stool. If sitting for an extended period of time, it is advisable to get up and walk to increase circulation of flow of blood back to the heart.

Use Proper Body Mechanics

Slouching decreases your lungs ability to adequately take in oxygen.

- When walking, consider the distance to and from your destination.
- When climbing stairs, keep your arms close to your body and use the railing as a guide. Let your legs do the work, don't pull yourself up with your arms.

- Lifting objects from the floor is less strenuous when lifting with your legs, rather than with your back. Keep your back straight, bend at your knees and lift straight up.
- Hold objects close to body.
- Slide rather than lift, if possible.
- Breathe out when performing such tasks as reaching, pushing, pulling or lifting. Relax or pause to breathe in. Correct breathing increases oxygen intake so you can work with out feeling breathless.

Work In Suitable Surroundings

Conditions of your work setting will directly reflect the quality and quantity of your work. Consider the following factors:

- Good lighting, ventilation, and a quiet atmosphere are optimal.
- Avoid working during inclement weather: extremely hot, cold, or humid days.
- Select appropriate furniture or equipment for your work areas (*ie: a chair offering good back and arm support*).

Organize Your Work Better

- Have all necessary equipment and supplies to complete and activity in one specified area before beginning the task.

Create An Easy Flow Of Work:

- Use an “assembly line” idea to conserve time and energy. In order to accomplish this, you will have to plan and decide where things are needed first.
- Use mobile utility cart for transporting objects and save on joint “wear and tear.” Avoid rush. You are more efficient when you allow time.

Maintain Appropriate Work Heights

This will eliminate excessive stress and strain on the body.

- Store most often used supplies at shoulder level or out on counter surfaces.

Joint Protection Techniques

Joint protection techniques are to be followed in order to help reduce pain, protect joint structures, and help prevent deformities.

Some suggestions for protecting your joints:

- Avoid activities which require hand grip and hard pinch; this is very stressful to the ligaments around the finger joints.
- When possible, use the entire hand or both hands for lifting or for pushing off from furniture.
- Always turn the hand toward the thumb side.
- Be aware of furniture heights; too low of a chair or couch causes you to strain too hard to get up and down.
- When carrying or lifting objects, use largest muscle groups possible (ie: carry purse on forearm or shoulder instead of with fingers).
- Change positions frequently to avoid joint stiffness.
Hold objects parallel to the knuckles, not across the palm diagonally.

Therapist recommendations:

Utilize Labor-Saving Techniques and Devices

Alert yourself to some of the labor-saving devices designed to simplify your work. Also remember the following simplified work methods. For example:

- Utilize power tools, such as a power lawn mower, or a power screwdriver.
- Use an electric can opener, electric toothbrush, or electric knife.
- Use a step stool to help reach items on high shelves.
- Use an apron with several pockets.
- Sit on a high stool when doing tasks at the countertop.
- Make a bed with the one-trip method
- Use long-handled (*i.e. mops, upright vacuums, rakes*).
- Use microwave.
- Use a timer so you don't have to get up to check on food.
- Purchase a cordless telephone to carry with your wherever you go.
- Use a crock pot (*so you'll spend less time at the stove*).
- Use adaptive equipment recommended by the O.T.



Dressing Techniques To Avoid Over Exertion or Shortness of Breath:

- ▶ Plan ahead by gathering clothes together and placing them in a convenient spot the night before.
- ▶ Sit to dress
- ▶ Don't rush and don't hold your breath.
- ▶ Avoid over-bending at the waist. Instead, bring your legs and feet up to you when putting on socks and shoes. Slip-on shoes or those with velcro are more convenient.
- ▶ Avoid the use of tight clothing.
- ▶ Use easily fastened clothes.
- ▶ You may benefit from assisting equipment recommended by your Occupational Therapist (*i.e. dressing stick, sock aide, reacher, long-handled sponge, tub bench, grab bars, raised commode, etc.*)

Now, review your day, and identify 3 or more ideas for ways you could modify your day in order to conserve energy or simplify your lifestyle. What are some realistic solutions?

1. _____

2. _____

3. _____

You may need to develop a new way to do a job. Some suggestions would be:

1. Eliminate unnecessary steps.
2. Combine motions and activities.
3. Rearrange the sequence of a job.
4. Simplify all necessary details.
5. Select step-saving equipment (*electrical appliances, microwave oven, etc.*)

TIME MANAGEMENT

Fill out below your typical daily schedule. Include all things that you would do from the time you wake until you go to bed.

5:00 a.m. - 6:00 a.m. _____

7:00 a.m. - 8:00 a.m. _____

9:00 a.m. - 10:00 a.m. _____

11:00 a.m. -NOON _____

NOON - 2:00 p.m. _____

2:00 p.m. - 4:00 p.m. _____

6:00 p.m. - 8:00 p.m. _____

Exercise

7. Elbow Flexion

Bend elbows and strengthen.



9. Forearm Supination

Begin with elbows bent
Turn palms of hands up then down.



8. Elbow Extension

Begin with arms raised over head and elbows straight. Bend and straighten elbows.



10. Wrist Flexion

Begin with elbows bent and palms facing up. Bend wrists upward, keeping elbows still.



11. Wrist Extension

Begin with elbows bent and palms facing down. Bend wrists upward, keeping elbows still.



12. Fingers

Bend fingers into a fist and strengthen.



UPPER EXTREMITY STRENGTHENING

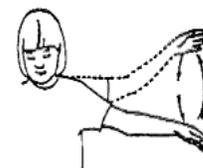
1. Shoulder Flexion

Begin with arms down at your sides. Raise arms up in front of you and over head, then back down to your sides.



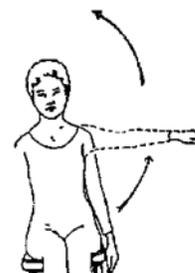
2. Shoulder Abduction

Begin with arms down at your sides. Raise arms out to sides and overhead, then back down to sides.



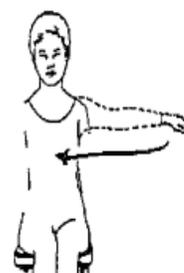
3. Horizontal Shoulder Adduction

Begin with your arms out sides and shoulder height. Bring arms together in front of you, while keeping your elbows straight. Return arms out to the sides.



4. Shoulder Extension

Begin with arms down at your sides. Bring arms backward and hold for a few seconds.



5. Shoulder Circumduction

Begin with arms out to sides at shoulder height. Make small circles in a forward direction. Keep elbows straight.



6. Shoulder Circumduction

Same position, make small circles in a backward direction.



PURSED LIP BREATHING

Pursed lip breathing is very beneficial for you for two major reasons:

1. It helps you to slow down and concentrate on breathing the correct way.
2. Because your lungs have lost some of their elasticity, they want to collapse when you breathe out normally, thus trapping in the cold air.

When you do pursed lip breathing, the slow breath out through pursed lips causes a back pressure in the lungs to keep them open. This allows the new air to get to the alveoli and allows the waste gases to be breathed out.

Breathe in through nose
and out through pursed lips
(as if blowing out a candle).
It should take twice as long
to blow the air out as it
does to breathe in.

Perform 3-4 times and
resume to normal
breathing to prevent
hyperventilation.

TIPS

- Do not force the air out. You should breathe out normally.
- Do not prolong very long as it leads to breathing irregularities.
- You want to make pursed lip breathing a new habit.
- You want to be able to do it all the time in all situations whether walking, sitting, cooking, shopping, showering, etc.

WHAT ARE THE DANGER SIGNS?

These symptoms are your body's way of telling you that you are working too hard and it is time to slow down. (This applies to any activity, not just exercise).

- Excessive, severe shortness of breath.
- Chest pain, pressure or discomfort in arm/arms, jaw, teeth and/or between shoulder blades.
- Dizziness or lightheadedness.
- Excessive sweating (more than is "normal" for you depending on the type of activity).
- Nausea or vomiting not related to illness (never exercise with illness, fever or the flu).
- Fluttery feeling or palpitations.
- Excessive fatigue or leg fatigue
- Any unusual joint or muscle pain.

If your symptoms are not relieved with rest, seek immediate medical attention (911 or emergency ambulance), especially for:

- Unrelated, severe shortness of breath.
- Chest pain or discomfort not relieved with rest and your prescribed nitroglycerine
- A fainting or blackout spell.
- If your symptoms are relieved with rest, do not exercise or physically exert until you have called your physician's office for advice (within 24 hours).

Your exercise effort should be based on your heart condition and your physical fitness. Good aerobic exercise should never exceed a "somewhat hard" (4) feeling. Many exercise benefits can be accomplished even with a "light" (2) level of effort. One important rule to follow is to end your exercise and activity feeling as if you could have kept going.

Our cardiac rehabilitation staff can help you find an exercise effort that is right for your heart condition and physical ability.

Tips about cold weather

When you get cold, your body responds by increasing blood pressure. This puts more stress on your heart. Breathing in cold air also stresses your heart further. Exercising in cold air should be avoided if you have a heart condition.

However, for those times when activity must be done in the cold, we recommend the following:

- ◆ Dress warmly in multiple layers of loose fitting clothing.
- ◆ Wear a thin cold air mask or a scarf over your mouth (to warm the air before you breathe it).
- ◆ Avoid shovelling snow - especially wet, heavy, icy snow.

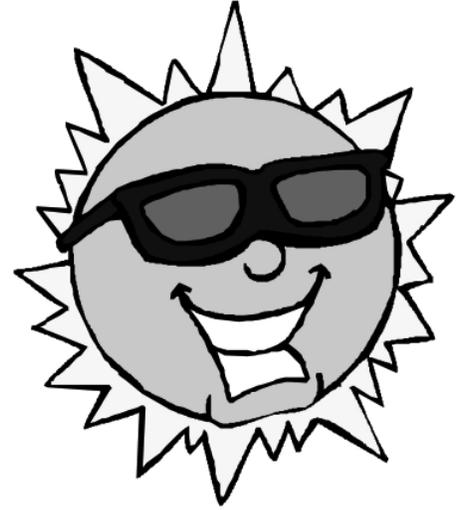
Generally when the temperature is between 32 and 40 degrees, careful activity and exercise with the use of a scarf or cold air mask can be performed.

Below 32 degrees, we recommend avoiding outside activity and exercise. For example, find a heated mall to walk.



Tips about hot weather

Heat makes your heart beat faster both at rest and while active. Because of this, it takes less work and more effort before you fatigue. This applies even to very healthy, active people. If you have a heart condition, it is best to avoid exercising or working when it is hot. If you must be active in the heat, the following tips will minimize stress on your heart.



- ◆ remember to drink water to replace fluid lost through sweating.
- ◆ wear minimal, loose fitting clothing.
- ◆ if perceived exertion (exercise effort) is “somewhat hard”, slow down - even if you have not completed your workout or task.
- ◆ choose the coolest time of day you can, with plenty of shade on your exercise course.
- ◆ go slow, the heat will force you to slow down anyway, especially if you start too fast.
- ◆ an indoor fan while you exercise by your home treadmill or bike will help keep you cool.

When temperatures are above 80 degrees and humidity is about 50% - do not exercise. For example, walk in an air-conditioned mall.

Healthy Habits

To feel better, you should:

- ➔ Lose weight (if you are overweight).
- ➔ Stop smoking or chewing tobacco.
- ➔ Avoid or limit alcohol.
- ➔ Exercise regularly; know how much and what kind of activity is expected of you by your doctor.
- ➔ Stay away from people with colds.
- ➔ Ask your doctor about a flu shot and a pneumonia shot every year.
- ➔ Rest between your activities if you are feeling tired.
- ➔ When the humidity is up, keep your activity low.

When to call the doctor...

Call your doctor if you have a new onset, or increase, of:

- ▶ 3-5 pound weight gain in 2-3 days.
 - ▶ Shortness of breath.
 - ▶ Swelling of legs, ankles or feet.
 - ▶ Extreme fatigue - in spite of getting plenty of rest.
 - ▶ Restlessness, trouble sleeping (feeling the need to sleep in a chair or propped up on pillows).
 - ▶ Any side effects from medication
- ➔ Frequent, dry hacking cough.
 - ➔ Pain or swelling in abdomen.
 - ➔ Chest pain/pressure.
 - ➔ Dizziness/fainting.

What can my family do?

Ask your family to help you to:

- ▶ Keep track of your medicines.
 - ▶ Prepare the right kind of food for you.
 - ▶ Encourage you to exercise.
 - ▶ Call the doctor for you if you need help and cannot call yourself.
-

If your family has to call your doctor for you, have them:

- ▶ Explain that you are being treated for congestive heart failure.
- ▶ Tell the doctor how you feel.

Tell the doctor what medicines you take.
(The kind and the amount).

Making your wishes known

It is important that you let other people know what you would like done if there were an emergency where your heart or breathing stops.

■ ***Advance Directives*** are written directions that tell what kind of medical care you would or would not like to have in the future if you are unable to make these decisions.

■ A ***Living Will*** tells what type of medical care you and would not like, if you become unable to tell others what you would like done.

■ A ***Durable Power of Attorney for Health Care*** name a person that you would like to make medical decisions for you, if you become unable to make your own decisions.

If you have Advance Directives, give a copy to your doctor. Also, if you need to go to the hospital, have your family give them to the doctor at the hospital.

If you do not have Advance Directives, talk to your family and doctor about what you would and would not like to have done in an emergency. You may or may not, for example, want your heart beat restarted or have special equipment breathe for you. For more information, ask your doctor or nurse.

Remember:

If you need to return to the hospital, bring your medicines and a copy of your Advance Directives with you. Visit www.cghmc.com/acd to download and print a copy.

READING LIST

Free publications from the American Heart Association:

- *About High Blood Pressure*
- *Cholesterol and Your Heart*
- *Congestive Heart Failure: What You Should Know*
- *Controlling Your Risk Factors for Heart Attack*
- *Discovering Lowfat Cheese*
- *Easy Food Tips for Heart Healthy Eating*
- *An Eating Plan for Healthy Americans*
- *Exercise and Your Heart: A Guide to Physical Activity*
- *Helping Your Doctor Treat Your High Blood Pressure*
- *Managing Your Weight*
- *Nutritious Nibbles: A Guide to Healthy Snacking*
- *Salt, Sodium and Blood Pressure*
- *Savor the Flavors: How to Choose Healthful Meals When Dining Out*
- *Silent Epidemic: The Truth About Women and Heart Disease*
- *Walking... Natural Fun, Natural Fitness*

Call or write:

American Heart Association, Iowa Affiliate
1111 Ninth Street Suite 280
Des Moines, Iowa 50314
Fax (515) 244-5164 or Phone (515) 244-3278

Free Publication from the Agency for Health Care Policy and Research (AHCPR):

- Patient and Family Guide to Heart Failure (AHCPR Publication 94-0614)

Call or write:

AHCPR Publications Clearinghouse
PO Box 8547
Silver Springs, MD 20907-8547 Phone: 1-800-358-9295
<http://www.ahcpr.gov>

Other Publications

American Heart Association and the National Heart, Lung and Blood Institute. *“Step by Step: Eating To Lower Your High Blood Cholesterol”*
Dallas: American Heart Association, 1994.

Silver, Marc A., M.D. *“Success With Heart Failure: Help and Hope for Those With Congestive Heart Failure”*, New York: Plenum Press, 1994

CONGESTIVE HEART FAILURE DIARY

To control my Congestive Heart Failure

I agree to:

- ♥ Take my medication as prescribed.
- ♥ Weigh myself daily.
- ♥ Avoid salt.
- ♥ Rest between activities.
- ♥ Pace myself when exercising.
- ♥ Know the signs and symptoms of Congestive Heart Failure and if I have any of them to call my doctor.

Call Dr. _____ at _____

if you have any of the following **signs and symptoms**:

- ♥ Weight gain of three to five pounds in one to two days.
- ♥ Shortness of breath.
- ♥ Swelling of legs, ankles, feet and/or abdomen.
- ♥ Trouble sleeping (feeling the need to sleep in a chair or propped up on pillows).
- ♥ Dry cough.
- ♥ Fatigue, weakness in spite of having plenty of sleep.

Use this checklist to determine if the patient understands the concepts presented and can meet the objectives stated in this program. As you move through the areas **DATE AND INITIAL** the concept if the patient understood the information. If the patient is having difficulty, describe what should be done in the "comments" column and what further information is needed to help them understand.

Concepts	Date when material is received	Date Concept is Understood	Needs Additional Information	Comments
CHF TEACHING MATERIAL: Patient Booklet "Congestive Heart Failure"				
NUTRITION: a. Dietary restrictions				
b. Verbalizes understanding of fluid/sodium restrictions. Contact dietitian if nutrition education is needed.				
CONGESTIVE HEART FAILURE: a. Brief overview of the disease				
b. Identify signs & symptoms - sudden weight gain - swelling of lower extremities or abdomen - orthopnea - shortness of breath - frequent dry hacking cough - fatigue and weakness c. Importance of daily weights - notify MD of 2-3 lbs weight gain TREATMENTS: a. Medications - diuretics - digoxin - ace inhibitors - beta blockers - nitrates - vasodilators - potassium - ARBs				

CONGESTIVE HEART FAILURE EDUCATION CHECKLIST

Concepts	Date when material is received	Date Concept is Understood	Needs Additional Information	Comments
<p>b. Energy conservation</p> <ul style="list-style-type: none"> - ways to reduce demands on the heart - weight reductions - discontinue smoking Phone number available in CHF booklet - avoid vigorous exercise - avoid restrictive hose or stockings - avoid fatigue 				
<p>DISCHARGE INSTRUCTIONS:</p> <p>a. Patient will verbalize understanding of:</p> <ul style="list-style-type: none"> -name, purpose and dosage of each medication -importance of carrying med ID card -importance of consistently taking medications prescribed -activity level as ordered -importance of follow-up care to monitor medication effectiveness (Internal & External Case Management) <p>b. Referral Process</p> <ul style="list-style-type: none"> -Cardiac Rehab Phase II to be considered on all CHF patients with comorbid condition of CAD. -Social Services (SSREF) and Internal Case Management/ Teleassurance (ICMII) are to be ordered through OC. -All discharge papers (including teaching form) are to be faxed to MHC/Community Case Management after release. (563)244-3719 				

CONGESTIVE HEART FAILURE EDUCATION CHECKLIST



★ I will weigh myself each day ★

- using the same scale
- dressed in light clothing
- after using the bathroom
 - before breakfast

★ I will check my pulse each day ★

Date	Pulse	Wt.									

I will notify my physician if:

- I gain more than 2 pounds in one day.
- I gain 5 pounds in one week.
- My pulse is less than 45 beats per minute or higher than 100 beats per minute.
- I have increasing shortness of breath.

My physician is: _____

Physician's office #: _____

Please take this chart with you to your doctor's appointments.





★ I will weigh myself each day ★

- using the same scale
- dressed in light clothing
- after using the bathroom
 - before breakfast

★ I will check my pulse each day ★

Date	Pulse	Wt.									

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- My pulse is less than 45 beats per minute or higher than 100 beats per minute.
- I have increasing shortness of breath.

My physician is: _____
Physician's office #: _____

Please take this chart with you to your doctor's appointments.



Signs & Symptoms of Heart Disease

RIGHT HEART FAILURE

Blood backs into circulatory system

Tachycardia (rapid heartbeat)

Distended neck veins

Enlarged liver, spleen

Ascites (Abdominal fluid)

Ankles, feet swollen

LEFT HEART FAILURE

Blood backs into lungs

Cyanosis (bluish tinged skin)

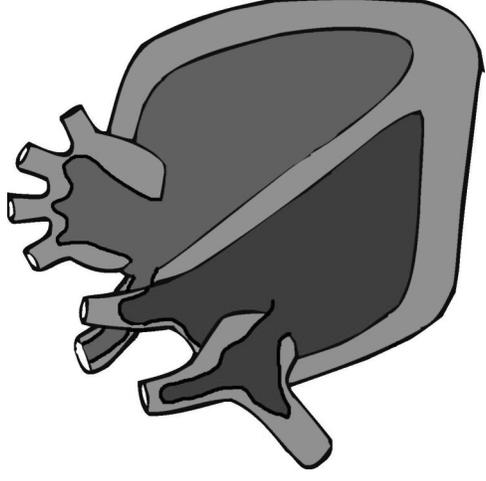
Tachycardia (rapid heart beat)

Rales/crackles (wheezing noise in the chest)

Coughing

Hemoptysis (blood after coughing)

Gallop Rhythm (rapid, abnormal heart



Congestive Heart Failure Zones

Green Zone: Great Control

Green Zone Means

Your Goal Weight: _____

- No shortness of breath or _____
 - No swelling
 - No weight gain
 - No chest pain
 - No change in your activity level
- Your symptoms are under control
 - Continue taking your medications as ordered
 - Continue daily weights
 - Follow low-salt diet
 - Keep all physician appointments

Yellow Zone: Caution

Yellow Zone Means

If you have any of the following signs and symptoms:

- Weight gain of 3 or more pounds in 2 days
- Increased cough
- Increased swelling
- Increase in shortness of breath
- Increase in the number of pillows needed
- Anything else unusual that bothers you



Call your healthcare provider if you are going into the **YELLOW** zone

You may need changes in your medications. Call your physician, nurse or other healthcare provider:

Name: _____

Number: _____

Instructions: _____

Red Zone: Medical Alert

Red Zone Means

- Unrelieved shortness of breath
- Shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Weight gain or loss of more than 5 pounds in 2 days
- Need to sit in chair to sleep



You need to be seen right away! Call your physician, nurse or other healthcare provider:

Physician: _____

Number: _____

If you have not reached your physician in _____ minutes, **CALL 911**

Call your physician immediately if you are going into the **RED** zone



Central Georgia
Healthcare
Center