



Your guide to heart failure

PATIENT DIARY

TheAlfred

Produced by the **Heart Failure Unit**

Important phone numbers

Family doctor

Cardiologist

Heart failure nurse

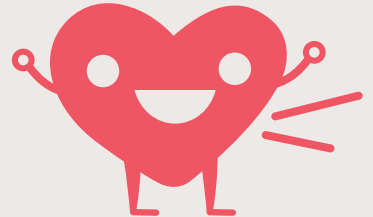
Pharmacist

Pathology

After Hours

Ambulance

Other



This diary is for you to help manage your heart failure symptoms and avoid admissions to hospital. Please bring the diary to all appointments with your doctors, nurse, dietitian, physiotherapist, occupational therapist, social worker and pharmacist.

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- H** Heart failure self management
 - E** Exercise
 - A** Action plan
 - R** Record of daily weights and symptoms
 - T** Treatment: medications
-



Helpful reminders

Control fluid Intake

With heart failure, fluid may be held in the body instead of being passed in the urine. Drinking extra will increase your weight and make your heart work harder.

You should try not to drink more than _____ each day (e.g. 1.5 litres), as directed by your Doctor or Nurse.

A small spray bottle or frozen water bottle may help you manage your thirst.

In hot weather, or if you are sick with vomiting, diarrhoea or fever you may drink more fluid after discussing with your heart failure nurse or doctor.

Alcohol Intake

Alcohol should be avoided as it can worsen or even cause heart failure.



Remember 1 litre
of fluid weighs
1 kilogram

Control your Weight



It is important to weigh yourself daily after going to the toilet, before breakfast on reliable scales. If you can't manage this organise with your local chemist or GP to weigh yourself locally.

Your weight today is _____

Your ideal weight is _____

Your height today is _____

Your BMI today is _____

Overweight

Being overweight increases the workload on a failing heart. To lose weight you are advised to make lifestyle changes including diet and exercise.

Underweight

Being underweight may cause health problems such as reduced muscle strength, resistance to infection with increased hospitalisation and risk of complications.

Weigh yourself each morning after going to the toilet, before breakfast and record in your diary.

If your weight has increased by more than 1kg per day for two days, notify your doctor or heart failure nurse.

HEART FAILURE SELF MANAGEMENT

Avoid Salt

Small amounts of salt in your diet are necessary, however, in heart failure, salt in the diet causes fluid to stay in the body and increases your thirst. **"No added salt"** diet is essential.

- Look for the 100g column
- Look for sodium
- Avoid foods that contain more than 400mg of sodium per 100g of food

The recommended daily intake of sodium for people with heart failure is less than 2000mg per day.

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 8.5

SERVING SIZE: 60g

	PER 60 g serve	PER 100g
ENERGY	870kJ	1450kJ
PROTEIN	6.6g	11.0g
FAT	5.0g	8.4g
CARBOHYDRATE		
—TOTAL	35.6g	59.3g
—SUGARS	11.8g	19.7g
DIETARY FIBRE		
—TOTAL	7.9g	13.2g
—WATER SOLUBLE	2.1g	3.5g
CHOLESTEROL (*)	NIL	NIL
SODIUM	12mg	20mg

A "No added salt" diet is essential.

Buy 'low salt' and 'no added salt' food.



Smoking

Cigarette smoking is very dangerous for people with heart failure. It can lead to sudden death, heart attack, lung infection and other health problems. Smoking cessation is strongly advised.

Vaccinations

People with heart failure can become very sick with influenza or pneumonia because of poor blood flow. Vaccinations are recommended to avoid further sickness and worsening heart failure.

Medications

Taking the medications your doctor prescribes to treat your heart failure is important even if you are feeling well. If new or increased doses of medications are causing problems or if you are considering taking non prescription medications check with your doctor first.



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EXERCISE EVERYDAY

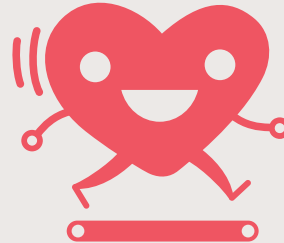
Muscles, particularly in the legs may become weak in heart failure slowing you down. Physical activity is known to provide important improvements. It is important to keep active and try to do all the normal daily activities including walking and working if possible to maintain good muscle strength.

If shortness of breath occurs more frequently, with little effort it is important to rest and notify your doctor or heart failure nurse.

A structured exercise program, supervised by a trained exercise professional close to your home may be organised by your doctor or hospital.

Your Heart Failure Exercise Program _____

Phone No _____



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ACTION PLAN

Contact your doctor or heart failure nurse within 24hrs if you notice any of these early warning signs:

- **Sudden weight gain of more than 1kg per day in 2 days**
- Increased shortness of breath day or night
- Swelling of the feet, ankles or legs
- Abdominal pain, swelling or nausea
- Persistent cough especially at night
- Increased tiredness, fatigue and lethargy
- Palpitations
- Dizziness
- Chest discomfort

Small changes in the dose of drugs can often help with these symptoms or you may need care in hospital.

Check List

- Avoid high fluid intake
- Weigh daily
- No added salt
- Avoid alcohol/smoking
- Take all medications
- Exercise



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RECORDING OF DAILY WEIGHT AND SYMPTOMS

Self Monitoring Record

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight If your weight has increased more than 1kg per day for two days or you experience worsening symptoms, notify your doctor or heart failure nurse							
Symptoms							
Worsening shortness of breath							
Swollen feet ankles or legs							
Abdominal swelling or nausea							
Night cough							
Palpitations							
Fatigue and lethargy							

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