



Heart Talk: Living with Heart Failure

Education for Clients,
Families, and Caregivers



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People other than the client and health care team must seek client's permission to read the booklet, as it may contain protected health information.

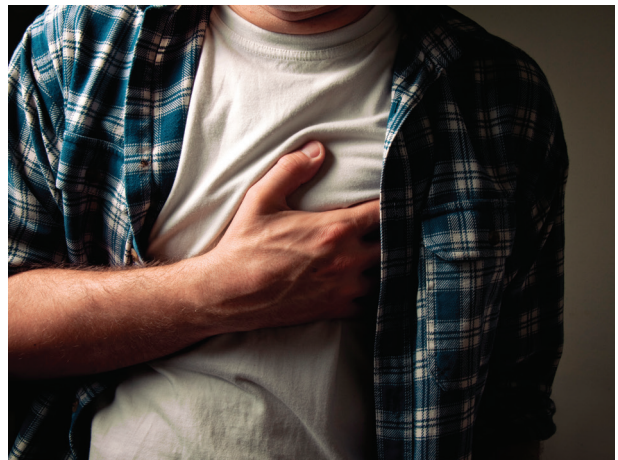
What is Heart Failure?

Heart failure is:

- Weakness of the heart
- Sometimes heart failure is also called:
 - Congestive heart failure
 - Pulmonary edema
 - Fluid on lungs

Symptoms (what you will be feeling) of heart failure are:

- Hard time breathing
- Swollen ankles, legs, or belly/abdomen (sometimes doctors (PCPs) call it "edema")
- Weak and tired



Can Heart Failure Be Treated?

YES! Although heart failure is a chronic disease (it will never go away no matter how good you feel) it can be treated so that you can participate in family and community activities and live a happy life.

Heart failure can be treated with:

- Medications
- Procedures
- Surgery



Be sure to **talk to your doctor (PCP)** to see what is the right kind of treatment for you. A primary care provider (PCP) is usually a doctor, but may be a physician assistant or a nurse practitioner.

What YOU can do!

You have an important part in keeping yourself feeling good and out of the hospital.

People with heart failure can live happy lives for many years by following these 6 steps:

1. Take the medications just like the doctor told you
2. Go to your doctor appointments
3. Monitor (watch) your symptoms (how you feel) and weight
4. Adapt your diet (eating) and fluids (drinking) if you are told to do so by your doctor
5. Get exercise as directed
6. Limit alcohol and caffeine and do not use tobacco

Each of these steps is further explained in this booklet. Keep reading!

Step 1: Take Your Medications!

It is important to take your medications just like the doctor told you.

Your medicines may change after each doctor appointment, or when you are in the hospital.



It can be confusing, so keeping a list is very important. Be sure to share this list with all of your doctors and bring it to all of your appointments.

People who take their medicines as the doctor said **live longer, feel better, and spend less time in the hospital.**



What medicines do I need to take?

Each **MORNING** after you wake up, follow this schedule:

Morning Medicines				
Medicine name (generic and name brand) and amount	Why am I taking this medicine?	How much do I take?	How do I take this medicine?	Doctor (PCP) who gave it to me:



What medicines do I need to take?

Each day in the **AFTERNOON**, follow this schedule:

Afternoon Medicines				
Medicine name (generic and name brand) and amount	Why am I taking this medicine?	How much do I take?	How do I take this medicine?	Doctor (PCP) who gave it to me:



What medicines do I need to take?

Each **EVENING**, follow this schedule:

Evening Medicines				
Medicine name (generic and name brand) and amount	Why am I taking this medicine?	How much do I take?	How do I take this medicine?	Doctor (PCP) who gave it to me:



What medicines do I need to take?

Each day at **BEDTIME**, follow this schedule:

Bedtime Medicines				
Medicine name (generic and name brand) and amount	Why am I taking this medicine?	How much do I take?	How do I take this medicine?	Doctor (PCP) who gave it to me:

What other non-prescription medicines can I take?

	Medicine name and amount	How much do I take?	How do I take this medicine?
If I need medicine for a headache			
If I need medicine to stop smoking			
If I need medicine for _____			
If I need medicine for _____			
If I need medicine for _____			
If I need medicine for _____			
If I need medicine for _____			

Remember to tell all of your doctors (PCPs) about all your medicines, vitamins, and other medications you may get without a prescription at the drug store.

Step 2: Go to Your Doctor (PCP) Appointments

Do not be afraid to talk to your doctor or other people in the office about any questions or concerns you may have. Always ask someone if you don't understand something, or if you feel something is "just not right." Your doctors, nurses, and therapists are there to help and support you.



Tips to follow:

- Set up a doctor appointment **before you leave** the hospital or other care facility
- Set it up on the **best day and time** for you
- Make sure you **have a ride** to your appointments
- **GO TO ALL OF YOUR SCHEDULED APPOINTMENTS**
- Bring a **friend** or **family member**
- Bring **all medications** or a medication list to **all** doctor appointments
- Follow up and get your laboratory work done as ordered by your doctor
- Ask questions!

Heart failure is not simple. The doctor needs to see you often to keep you well.

Step 3: Monitor Your Symptoms (How do you feel?)

Keep these things in mind:

- When your body holds extra fluid (water), your weight goes up
- Weight gain from fluid can start **up to two weeks** before you feel other symptoms

Weigh yourself everyday. Keep track of your weight using the chart on page 34. Bring the chart to your doctor appointment.



Weigh Yourself

Remember to:

Weigh yourself every morning at about the same time

- After urinating
- Before having anything to eat or drink
- Wearing the same amount of clothing
- Using the same scale




Tell BAYADA or your doctor when you gain:

- 3 pounds in one day OR
- 5 pounds in one week



Are you in the Correct Heart Failure Zone?

Use these zones to help manage your heart failure.

 <p>GREEN ZONE "All Clear"- GOAL</p>	<p>You have:</p> <ul style="list-style-type: none"> • No shortness of breath – breathing easy • No weight gain more than 3 pounds per day • No swelling of feet, ankles, legs or stomach • No chest pain 	<p>What to do:</p> <ul style="list-style-type: none"> • Keep up the good work!! • Take your medicine • Eat a low salt diet • Weigh yourself every day
 <p>YELLOW ZONE "Caution"- WARNING</p>	<p>You have:</p> <ul style="list-style-type: none"> • Weight gain of 3 pounds in 1 day or 5 pounds in one week • More shortness of breath – breathing harder • Harder to breathe lying down – the need to sleep in a chair • More swelling in your feet, ankles, legs or stomach • Feeling more tired • New or unusual coughing • Dizziness 	<p>What to do:</p> <ul style="list-style-type: none"> • Call your doctor (PCP) or BAYADA: <p>#: _____</p> <p>Doctor's (PCP's) Name: _____ _____</p> <p>BAYADA Clinician's Name: _____ _____</p>
 <p>RED ZONE "EMERGENCY"</p>	<p>You have:</p> <ul style="list-style-type: none"> • Hard time breathing • Struggling to breathe even at rest • Chest pain or discomfort • Feeling faint 	<p>What to do:</p> <ul style="list-style-type: none"> • Call 911 or • Get help and go to the emergency room

Daily Weight and Zone Chart

Use this chart or a calendar to keep track of your weight and **circle** the zone you are in each day. Share this with your doctor (PCP) at your appointments.

	Week 1	Week 2	Week 3	Week 4
Sunday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞
Monday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞
Tuesday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞
Wednesday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞
Thursday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞
Friday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞
Saturday	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞	Date: Weight: Zone: 😊 😐 😞

Step 4: Adapt Diet and Fluids (What you eat and drink)

Salt is also called “SODIUM” and is found in most foods you eat.

Why do you need to limit the salt (sodium) in your diet?

- Salt acts like a sponge and makes your body hold onto water.
- Eating too much salt can:
 - cause you to gain weight
 - make your legs swell
 - cause water to go to your lungs, making it harder to breathe.



How much salt (sodium) can you have each day?

Doctors recommend that you eat less than 2000mg (1 teaspoon) of salt each day. You can do this by taking the salt shaker off the table and watching which kinds of food you eat.

SALT = SODIUM and SODIUM = SALT

Reading a Nutrition Label (Sodium = Salt)

Nutrition Facts	
Serving Size 1 cup (30g)	
Servings Per Container 12	
Amount Per Serving	
Calories 90	Calories from Fat 40
Total Fat 1g	
Saturated Fat 0g	
Cholesterol 0 mg	
Sodium 190 mg	8%
Total Carbohydrate 22g	
Dietary Fiber 3g	
Sugars 9g	

**Milligrams of
salt per 1 cup
serving**

Here is an example of a nutrition label. Always check to see how many servings are in the box or can. If you eat a portion larger than the serving size, you end up eating more salt than is listed on the label.

Your goal is to LOWER the amount of salt (sodium) you eat to less than 2000mg (1 teaspoon) each day.

Even when preparing your own food, be aware that food already contains sodium before you even add any salt:

1 teaspoon salt = 2,000 mg sodium

1 teaspoon baking soda = 821 mg sodium

1 teaspoon baking powder = 339 mg sodium

1 teaspoon MSG = 492 mg sodium

Reading a Nutrition Label (Sodium = Salt)

It is important that you read food labels to find out the sodium content of foods. It may also be helpful to know that the government ruled that some words used on labels must mean what they say:

If the label says:	It means:
"Sodium Free" (or "salt free")	Very little salt (less than 5 mg per serving)
"Very low sodium"	35 mg sodium or less per serving
"Low Sodium"	140 mg sodium or less per serving
"Less Sodium"	20% sodium reduction from original
"Reduced Sodium"	At least 25% reduction from the original
"Light in Sodium"	50% sodium reduction from the original
"Unsalted" / "Without added salt"	No salt added during process
"No salt added"	No salt added during process

Foods High in Salt

These foods should be **avoided** or **limited**:

- Canned foods/soups
- Frozen dinners
- Deli meats
- Hot dogs
- Jar tomato/pasta sauce
- Pickles
- Sausages and kielbasa
- Potato chips
- Ham and bacon
- French fries
- Sea salt
- Adobo seasoning
- Salad dressings
- Cheeses
- Soy sauce



Tips To Keep You Eating Healthy:

- If you do eat salt, **tell your doctor (PCP)**:
 - Medications may need to be adjusted
 - More doctor (PCP) visits may be needed
 - You may need to talk with a diet specialist (dietitian)
- If you eat out, choose heart healthy foods:
 - Order baked or broiled foods (chicken, fish and vegetables)
 - Ask for a salad dressing, sauce or gravy on the side

Drinking Too Many Fluids?

Most people with heart failure can drink normal amounts of fluid. Do not restrict your fluids unless you are told to do so by your doctor.

By staying away from salt and watching your fluid intake in your diet, if you are told to do so by your doctor, you can:

- **Live longer**
- **Feel better**
- **Spend less time in the hospital**



Fluids can include:

Water

Soda

Sports drinks

Coffee, tea

Juice

Milk

Wine, beer, spirits

Ice

Popsicles

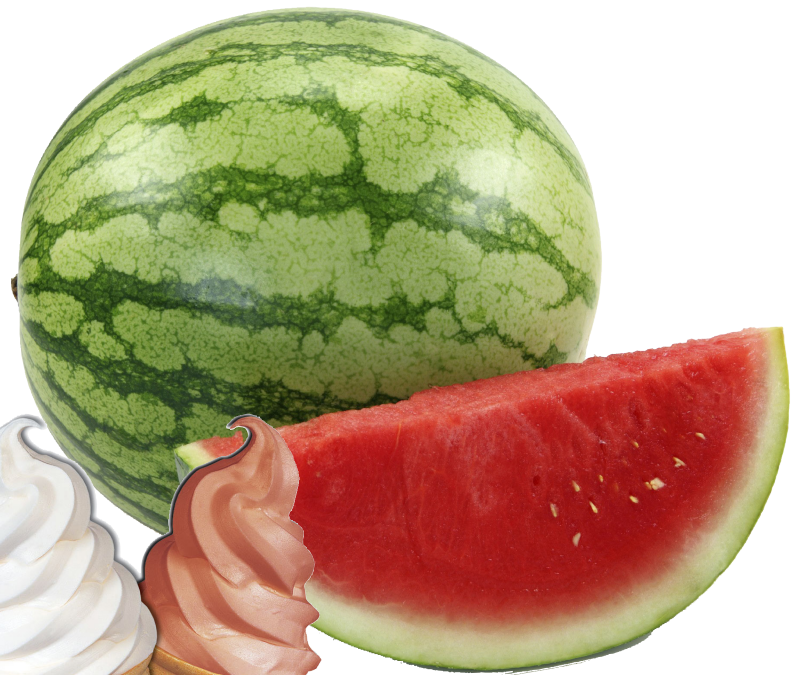
Ice cream, custard

Pudding

Jell-O

Yogurt

Watermelon



Step 5: Exercising and Keeping Active

In general, exercising, having sex, and driving are OK.

Make sure to talk to your doctor about what kind of exercise is safe or good for you.



Tips to follow for exercising and having sex:

- Follow the treatment plan your doctor gives you
- Wait at least 1 hour after eating before exercising or having sex
- Stop and rest for a while if you get tired or have a problem
- Pace yourself
- Choose a time when you feel your best

Write down the exercise goals your doctor and BAYADA Therapist told you here and follow this schedule:

Doctor Ordered Exercise Routine					
Exercise Goal(s):					
Day	Time	Activity	Length	While exercising I felt:	After exercising I feel:

Rest to Reduce Your Symptoms

Frequent short rests to conserve your energy are important in managing your symptoms:

- Schedule rest so your energy can be spent on bigger activities when necessary
- Simplify activities so they require less energy
- Decide what activities are important to you, and what could be done by someone else

Tips for Saving Your Energy

Organize Your Work

- Store items within reach
- Sit rather than stand, when possible
- Use rolling carts to transport items or save trips
- Prepare double portions of meals and freeze for later

Avoid extreme temperatures:

- Stay indoors when it's too cold or too hot outside
- Avoid long, hot showers or baths

Use Things to Assist You:

- Devices like a walker, shower chair or bedside commode
- Long handed tools to avoid bending or reaching overhead when grooming, bathing, or dressing
 - These things help conserve energy that can be used for other things

How Do I Know When to Rest?

Your BAYADA Nurse or Therapist will help you determine when you need to rest by using this scale to rate how hard you are working.

Score	
0	nothing
0.5	very, very, light
1	very light
2	light
3	moderate
4	somewhat hard
5	hard
6	
7	very, hard
8	
9	very, very hard
10	maximal effort

Directions: Use this scale to best describe how you are feeling during your activity or exercise.

Step 6: Limit Alcohol and Caffeine

Alcohol:

If you are allowed to drink alcohol, have no more than:

- 2 drinks a day (for men)
- 1 drink a day (for women)

One drink is:

- 1 ½ shot glasses of 80 proof or 1 shot glass of 100 proof alcohol
- 5 oz glass of wine
- 12 oz bottle of beer



**Alcohol can make your heart failure worse.
It can also affect your medicines.**

Caffeine:

Caffeine is usually OK in moderation (always check with your doctor). If allowed, have no more than:

- 1 or 2 cups of regular coffee, tea, or colas per day

Do NOT Use Tobacco

If you smoke (cigarettes or cigars), please make every effort to **STOP!**

- It is bad for anyone, but especially for those with heart failure
- It makes the heart work harder
- It can lead to heart attacks

Ask your doctor, nurse, or therapist about help to quit smoking.



Planning for the Future

Talk with your family and your doctor about your feelings and care wishes.

A legal document called an **Advanced Directive or Living Will** can help your family and medical team in medical emergencies if you are unable to make known your wishes. Everyone should have Advanced Directives.

An Advanced Directive can include:

- A “medical durable power of attorney” (someone you name to make medical decisions when you cannot)
- Cardiopulmonary (CPR) instructions or Do Not Resuscitate (DNR)

Many states have free templates on the internet for creating your own advanced directive or living will. You can also speak with an attorney about it.



Make These 6 Steps A Permanent Part Of Your Life!

Following these 6 steps and anything else your doctor, nurse, or therapist recommends will help you stay out of the hospital! You can stay active and enjoy life by following their advice. If you are having trouble following the advice of the doctor, please do not change anything – instead, talk to your doctor or BAYADA Nurse or Therapist for help!

- If you have questions about access to medications or transportation, BAYADA may be able to connect you to a social worker.
- If you have questions in regards to your nutritional needs, speak with your BAYADA Nurse who will advise you on the best plan recommended for your health.



Remember These 6 Steps To STAYING HEALTHY!

1. Take the medications that your doctor gave you
2. Go to your doctor appointments
3. Monitor (watch) your symptoms (how you feel) and weight
4. Adapt your diet (eating) and fluids (drinking) if you are told to do so by your doctor
5. Get exercise as directed
6. Limit alcohol and caffeine and do not use tobacco

People who follow these steps live longer, feel better, and spend less time in the hospital.



Things to Discuss with My Doctor, Nurse, or Therapist

Write down any problems you are having that you would like to discuss with your doctor, nurse, or therapist.

Things that are hard for me:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Bring this with you to your doctor appointment.

Tear here

Tear here

Questions That I Have for My Doctor, Nurse, or Therapist

Write down any questions that you would like to ask your doctor, nurse, or therapist.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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Are you in the Correct Heart Failure Zone?

Use the chart on the reverse side or a calendar to keep track of your weight. Circle the zone you are in each day.

 <p>GREEN ZONE "All Clear" - GOAL</p>	<p>You have:</p> <ul style="list-style-type: none"> • No shortness of breath – breathing easy • No weight gain more than 3 pounds per day • No swelling of feet, ankles, legs or stomach • No chest pain 	<p>What to do:</p> <ul style="list-style-type: none"> • Keep up the good work!! • Take your medicine • Eat a low salt diet • Weigh yourself every day
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YOUR BAYADA HEALTH CARE TEAM

Your BAYADA Office:

Office Director:

Nurse (RN):

Social Worker:

Home Health Aide:

Physical Therapist:

Occupational Therapist:

Speech Language Pathologist:

PHONE NUMBERS TO REMEMBER



Ambulance/Police/Fire **911** or



Pharmacy



Poison Control



HME (Oxygen)



Hospital



Electric Company



Doctor



Phone Company



PCP



Water Company



Family



Transportation

Have your caregiver assist in completing this information.