

This publication has been produced through a collaboration of Heart Failure Nurse Specialists:

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This booklet is the result of a collaboration between the following agencies:



Cúram Sláinte Phobail, Iarthar
ag freastal ar Ghallimh, Maighéo agus Ros Comáin

Community Healthcare West
serving Galway, Mayo and Roscommon



In association with:

CHaMP Community Heart Failure Management Programme

CRÍ
Fighting Heart Disease & Stroke

Sponsored by:



Plain English
Approved by NALA



My Heart Monitoring and Communication Booklet

Personal Details

Name: _____

Medical Record Number: _____

Address: _____

DOB: _____

GMS: _____

GP: _____

GP Telephone: _____

Name of Hospital: _____

Hospital Telephone: _____

Consultant: _____

Pharmacist: _____

Pharmacist Telephone: _____

Aim of this Booklet

When the heart does not pump well we refer to this condition as Heart Failure.

Do not be alarmed by this term. You can take control of your condition by following the advice in this booklet. This booklet will help you to monitor, detect and report symptoms which may warn you that your condition has worsened.

By taking control of your symptoms you can stay well and reduce the likelihood of admission to hospital. Learning about how to manage your condition will help ease any worries you and your carers may have.

Bring this booklet with you to all clinic visits as Healthcare Professionals will use it to get information which will help them to decide on your treatment. Please note that pages 20-38 are for use by Healthcare Professionals to record information relevant to your care.

For further information on Heart Failure, its causes and treatment, please refer to the booklet *Step by Step through Heart Failure (IHF, 2013)*.

The Symptoms of Heart Failure



Shortness of breath



Chronic lack of energy



Swollen or tender abdomen with loss of appetite



Increased urination at night



Swelling of feet and legs



Difficulty sleeping at night due to breathing problems



Cough with frothy sputum



Confusion and or impaired memory

Daily Advice for Monitoring your Symptoms

- ♥ Weigh yourself every morning record and note any changes in your diary
- ♥ You may also keep a record of your Blood Pressure (BP)
- ♥ Take your medicine as prescribed
- ♥ Check for swelling of your feet, ankles, legs and stomach
- ♥ Maintain fluid intake between 1-2 litres daily
- ♥ Do not add salt to your food. Avoid high salt food
- ♥ Balance activity with rest periods

Which zone are you today?

1 Green 2 Amber 3 Red

1 All Clear - This Zone is your Goal

- ♥ No shortness of breath
- ♥ No weight gain greater than 2 kgs
- ♥ No swelling of your feet, ankles, legs or stomach
- ♥ No chest pain

No Further Action Needed



2 Caution - This Zone is a Warning Zone

- ♥ You have a weight gain of 2 kg or more over 2-3 days
- ♥ More shortness of breath
- ♥ More swelling of your feet, ankles, legs or stomach
- ♥ Feeling more tired. No energy. No appetite
- ♥ Cough - dry hacking or with phlegm
- ♥ Dizziness
- ♥ Feeling uneasy, you know something is not right
- ♥ It is harder for you to breathe when lying down. You need to sleep sitting up in a chair
- ♥ If you have sudden significant weight loss following an increase in water tablets
- ♥ If you are passing very little urine following water tablets compared to what's normal for you

Seek Advice from your GP or Heart Failure Nurse Specialist



3 Emergency - If you have any of the following:

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

Call your GP or go to A&E

Remember to tell your Heart Failure Nurse Specialist if you have required emergency care

Notes

Remember:

- Carry this booklet with you
- Keep your appointments
- Take your medications every day
- Get an annual Flu Vaccine
- Bring your medications in their original containers to all appointments
- Call your Heart Failure Nurse Specialist if you have any concerns