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



Community Healthcare Wes serving Galway, Mayo and Roscommon



In association with:





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My Heart Monitoring and Communication Booklet

Personal Details

Name:
Medical Record Number:
Address:
DOB:
GMS:
GP:
GP Telephone:
- Totophone.
Name of Hospital:
Name of Hospital.
Hospital Telephone:
Consultant:
Pharmacist:
Pharmacist Telephone:
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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?

Green 2 Amber

3 Red



All Clear - This Zone is vour 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



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 phleam
- 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**



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

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Weight Diary

Heart Failure is often associated with rapid changes in weight.

Always tell your doctor or Heart Failure Nurse Specialist about obvious weight change.

Record your weight in Kilos every day. (Remember 1 kg = 1 litre of fluid)

Your stable weight you should aim for is:



How to Weigh Yourself

- 1 Use a digital weighing scales on a hard floor.
- 2 Weigh yourself everyday, early morning before breakfast.
- 3 Weigh yourself after passing urine, wearing only your night clothes.
- 4 Write your weight into the weight diary.

Note: a weight gain of 2 kg or more over two or three days is abnormal and could be a sign that you are retaining too much fluid.

5 If you gain 2 kg or more over two to three days, call your GP or Heart Failure Nurse Specialist for advice. You may need your medicines changed.

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Month:

Date	Weight	Extra Diuretics	BP
Date	vveigni	Extra Didretics	ы

Date	Weight	Extra Diuretics	BP

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Date	Weight	Extra Diuretics	BP

Date	Weight	Extra Diuretics	BP

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Date	Weight	Extra Diuretics	BP

Date	Weight	Extra Diuretics	BP
		_	

Date	Weight	Extra Diuretics	BP
		1	

Date	Weight	Extra Diuretics	BP

Date	Weight	Extra Diuretics	BP

Month:

Date	Weight	Extra Diuretics	BP
		40	

Medications

Medicines play a very important part in reducing and improving symptoms of Heart Failure. They can improve heart function and quality of life. Do not stop taking your medications without talking with your GP and/or Heart Failure Nurse Specialist.

Always ask your doctor for a prescription with any change to your medications.

Note: Please bring all your medicines in their original containers to all clinic visits.

For further information on your medications please refer to the booklet *Step by Step through Heart Failure (IHF, 2013:pp 25-32).*

Drugs to Treat Heart Failure include:

- ▼ ACE Inhibitors
- ♥ Angiotensin receptor blockers (ARB)
- ▼ ARNi (sacubitril/valsartan)
- ♥ Beta Blockers
- Digoxin
- ♥ Diuretics (Water tablets)
- ♥ Eplerenone /Spironolactone
- Ivabradine

Importance of Blood Tests and Heart Failure:

- Medications can sometimes affect your kidney function
- Please have Bloods checked 1-2 weeks prior to your next clinic and bring results with you

Bloods routinely taken are Kidney Function (including Potassium), proBNP, and Liver Function.

For Healthcare Professional Use Only Allergies/Drugs not Tolerated:

Medications List

	Date	Drug	Dose	Frequency
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For Healthcare Professional Use Only Medications List

For Healthcare Professional Use Only Medications List

Date	Drug	Dose	Frequency

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For Healthcare Professional Use Only Drug Titration Changes

ACEI/ARB		
Drug	Date	Dose
	/ /	
	/ /	
	/	
	/	
	/	
	/	
	/	
	/ /	

Beta Blocker		
Drug	Date	Dose
	/ /	
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	/ /	
	/ /	
	/	
	/	
	/	

For Healthcare Professional Use Only Drug Titration Changes

ARNi (Sacubitril/valsartan) titration Drug Date Dose/..../....

Aldosterone Antagonist		
Drug	Date	Dose
	/	
	//	
	/	

Ivabradine		
Drug	Date	Dose
	/	
	/	
	/	

Digoxin		
Drug	Date	Dose
	/	
	/	
	/	

For Healthcare Professional Use Only Changes to Diuretics

Date	Medication	Dose	Comment

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Date	Medication	Dose	Comment

Date	Medication	Dose	Comment

Date	Medication	Dose	Comment

Date	Medication	Dose	Comment

For Healthcare Professional Use Only Changes to Diuretics

Date	Medication	Dose	Comment

For Healthcare Professionals Comments Communication Pages

Date	Comments

Date	Comments

Date	Comments

Date	Comments

Date	Comments

Date	Comments

Date	Comments

For Healthcare Professionals Comments

Communication Pages

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Date	Comments

Next Follow Up Visit

Date	Time	

Next Follow Up Visit

Next Follow Up Visit

Date	Time	

Date Time	

Next Follow Up Visit

Date	Time	

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Useful Websites

www.heartfailurematters.org

www.croi.ie

www.irishheart.ie

www.cardiomyopathy.org



Notes

Remember:

- Carry this booklet with you
- ✓ Keep your appointments

- ✓ Bring your medications in their original containers to all appointments
- ✓ Call your Heart Failure
 Nurse Specialist if you have any concerns