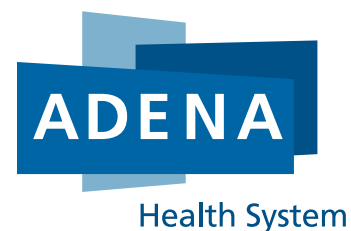




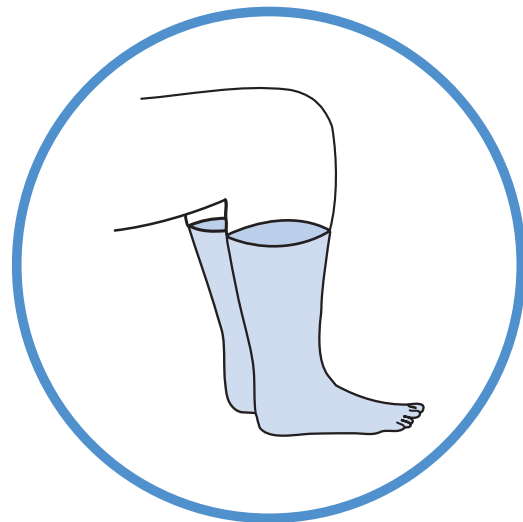
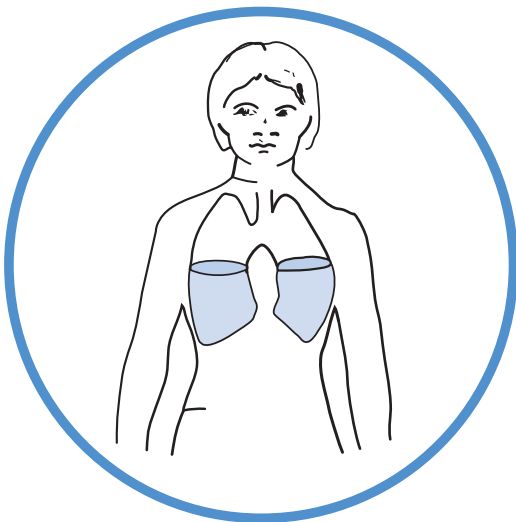
# EVERYTHING YOU NEED TO KNOW ABOUT HEART FAILURE

LONG-TERM MANAGEMENT OF HEART FAILURE



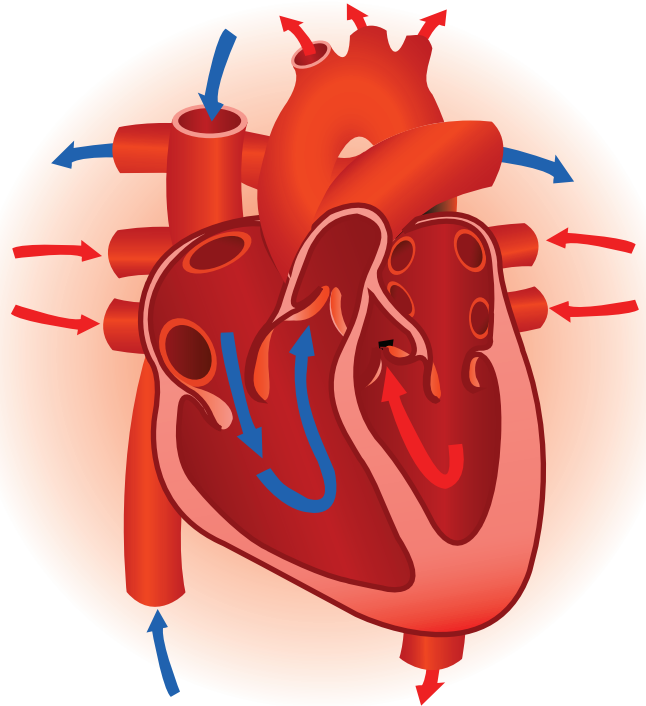
# WHAT IS HEART FAILURE?

- Heart failure means the heart cannot pump blood as well as it should
- When your heart doesn't pump well, you may feel tired, weak or short of breath
- Heart failure causes water to leak out of your blood vessels. This water can build up in your lungs, making you short of breath. It can also make your legs swell
- The term "heart failure" does not mean that your heart is about to stop or has stopped working
- Heart failure is a serious medical condition that needs medical care



# WHAT ARE THE SIGNS AND SYMPTOMS OF HEART FAILURE?

- Shortness of breath at rest or feeling more short of breath than usual
- Feeling weak or more tired than usual
- Swelling in the feet, ankles, legs and abdomen that is worse than usual
- Weight gain of more than **3 pounds in 24 hours or 5 pounds in a week**
- A cough or shortness of breath that's worse at night when you're lying down
- Needing to use more pillows to sleep at night, or needing to sleep upright in a recliner

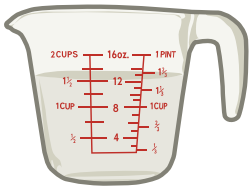


**ALERT!** IF YOU HAVE ONE OR MORE OF THESE SYMPTOMS, CALL YOUR DOCTOR. ALL OF THESE SYMPTOMS MAY BE THE RESULT OF WORSENING HEART FAILURE.

# HOW CAN I MANAGE MY HEART FAILURE?



EAT A LOW SALT DIET (2000 MG OR LESS PER DAY)



LIMIT THE FLUIDS THAT YOU DRINK TO 6 – 8 CUPS (48 – 64 OZ) PER DAY OR AS DIRECTED BY YOUR DOCTOR



WEIGH YOURSELF EVERY DAY



TAKE YOUR MEDICATIONS EVERY DAY



# EAT A LOW SALT DIET

- Salt is also called “sodium”
- Limit salt to less than 2000 mg a day
- Salt is hidden in many foods, even if you can’t taste it
- Eating too much salt can make your body act like a sponge, which may cause:
  - weight gain
  - leg swelling
  - increase in blood pressure
  - fluid in your lungs
- Read food nutrition labels and choose foods that are low in sodium



MAKES YOUR BODY  
ACT LIKE A...



## EQUIVALENTS:

2000 MG SALT = A LITTLE LESS THAN 1 TEASPOON

## HEALTHY TIP:

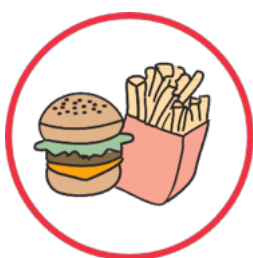
IF YOU EAT THREE MEALS EACH DAY, TRY TO LIMIT THE SALT TO 600 MG FOR EACH MEAL.



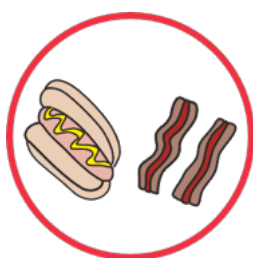


# HIGH SALT FOODS

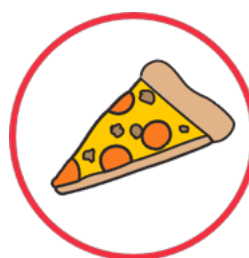
AVOID OR LIMIT THESE FOODS THAT ARE HIGH IN SALT:



Fast Food



Hot dogs and bacon



Pizza



Cheese



Canned Vegetables



Snack foods



Canned Meats



Sauces and Seasonings



Canned soup



Frozen Meals



Instant hot cereal



# LOW SALT FOODS

CHOOSE THESE FOODS THAT ARE LOW IN SALT:



Fruit



Olive Oil



Yogurt



Fresh meats



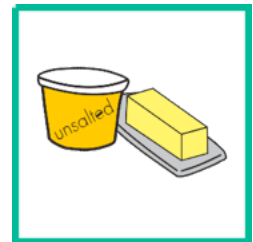
Frozen Vegetables



Dried beans



Fresh vegetables



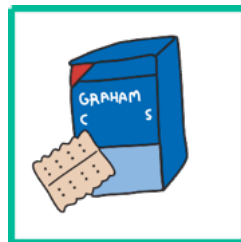
Unsalted margarine



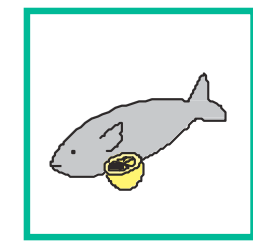
Eggs



Whole oats



Graham crackers



Fresh fish



# TIPS FOR EATING LESS SALT

## EATING AND COOKING AT HOME

- Don't add salt to food you cook or eat
- Take the salt shaker off the table
- Try using fresh garlic, herbs or a saltless seasoning like Mrs. Dash®
- Avoid pre-packaged and processed foods, like canned soups, macaroni and cheese, canned vegetables and lunch meats
- Frozen instant meals are very high in sodium
- Rinse canned foods before using
- Choose fresh meats and vegetables or frozen vegetables



## HEALTHY TIP:

WHEN GROCERY SHOPPING, TRY TO BUY MOST OF YOUR FOOD FROM THE FRESH PRODUCE AND FRESH MEAT AREAS IN THE STORE.



# TIPS FOR EATING LESS SALT

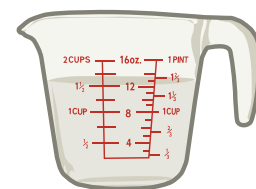
## EATING OUT

- Look for menu items that are listed as heart healthy
- Request that the cook not add salt to your food
- Choose fresh items, like salads and steamed vegetables. For salads, use oil and vinegar instead of salad dressing
- Avoid items with lots of sauce or dressing
- Ask your server if the restaurant has nutrition information or the salt content of menu items



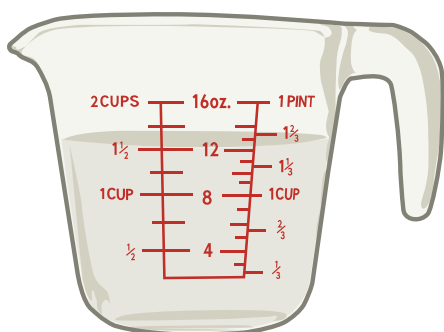
### **HEALTHY TIP:**

**YOU ARE IN CONTROL OF YOUR DIET!  
IT'S IMPORTANT FOR YOU TO KNOW HOW  
MUCH SALT IS IN THE FOOD YOU ARE EATING.**



# HOW TO LIMIT FLUIDS

- Limit your fluids to **6-8 cups per day (48-64 oz)** - unless instructed otherwise by your doctor
- Measure the fluid that you drink every day
- All fluids that you drink must be counted. That includes water, coffee, tea, milk, juice, soda pop, beer and wine
- Soup counts as a fluid, because it is mostly broth
- If a food melts at room temperature, count it as a fluid. That includes ice cream, popsicles and jello



## FLUID EQUIVALENTS:

6 CUPS = 48 OZ

8 CUPS = 64 OZ

1500ML = APPROX. 6.5 CUPS

2000 ML = APPROX. 8.5 CUPS

## HEALTHY TIP:

IF YOU TEND TO BE VERY THIRSTY, TRY USING ICE CHIPS, SUGAR FREE HARD CANDY OR FROZEN GRAPES INSTEAD OF A DRINK.

# WEIGH YOURSELF EVERY MORNING



- At the same time each day
- After you use the bathroom
- Before you get dressed
- Before you eat breakfast

## **ALERT! CALL YOUR DOCTOR ABOUT YOUR WEIGHT IF:**

- 1. YOU GAIN THREE OR MORE POUNDS IN 24 HOURS**
- OR**
- 2. YOU GAIN FIVE OR MORE POUNDS IN ONE WEEK**

This could be a sign that your heart failure is worsening and your doctor may have special instructions for you.

# TAKE YOUR MEDICATIONS EVERY DAY



## TAKING YOUR MEDICINE CAN HELP CONTROL HEART FAILURE

- Take all medications exactly as directed by your doctor
- Take all medications with you to doctor appointments
- Talk to your doctor if you can't afford your medicine
- Call your doctor or pharmacy if your medicine is running low
- Have a system to organize your medications (A pill box may be helpful.)
- Take your medications with you if you're leaving your house for the whole day, or going on a long trip

**ALERT! SKIPPING DOSES OF MEDICINE CAN CAUSE HEALTH PROBLEMS. TAKE ALL MEDICINES EXACTLY AS DIRECTED BY YOUR DOCTOR.**



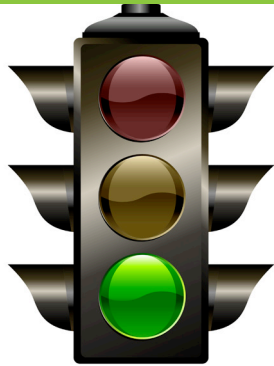
# QUIT SMOKING

- Talk to your doctor about a plan to stop smoking
- Smoking puts stress on the heart
- Smoking makes it harder for your heart to do its job
- Smoking increases your blood pressure
- If you have tried to quit smoking in the past, try again! It may take several attempts to break the habit

## **HEALTHY TIP:**

**FOR HELP TO QUIT SMOKING, TALK TO YOUR DOCTOR  
OR CALL: 1-800-QUIT-NOW (1-800-784-8669)**

# WHAT ZONE IS MY HEART FAILURE?



## GREEN ZONE

- No shortness of breath
- No swelling
- No weight gain
- Able to do regular activity

### MAINTAIN!

Continue to manage your heart failure and pay attention to your body's symptoms

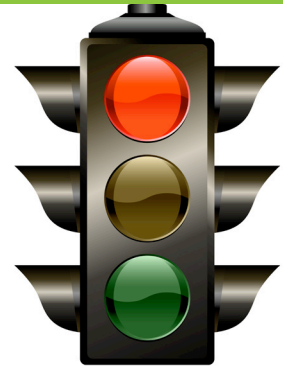


## YELLOW ZONE

- Weight gain
- Increased swelling
- Increased shortness of breath with activity
- Need more pillows to sleep

### ALERT!

Call your doctor if you have one or more of these symptoms



## RED ZONE:

- Shortness of breath that doesn't go away
- Wheezing or chest tightness at rest
- Need to sit up in chair to sleep
- Weight gain over five pounds

### RED ALERT!

Call your doctor immediately or go to the ER



# WHEN SHOULD I CALL MY DOCTOR?

Doctor Name: \_\_\_\_\_ Phone: \_\_\_\_\_



YOU ARE SHORT OF BREATH AT REST OR MORE SHORT OF BREATH THAN USUAL



YOU HAVE TO SLEEP UPRIGHT OR IN A CHAIR



YOU HAVE MORE SWELLING IN YOUR LEGS THAN USUAL



YOUR WEIGHT GOES UP BY THREE POUNDS IN 24 HOURS OR FIVE POUNDS IN ONE WEEK



# KNOW YOUR NUMBER

## KNOW YOUR EJECTION FRACTION

- Ejection fraction is the amount of blood that is pumped from your heart with each beat
- It is also called “EF”
- A normal percentage is 50-75%

**50 – 75%**

**Normal**

**36 – 49%**

**Below Normal**

**35% and below**

**Low**

- An EF that is below normal means that the heart is not pumping as well as it should
- A below normal EF does NOT mean that your heart is about to stop or has stopped working

### **HEALTHY TIP:**

**KNOWING YOUR EF IS JUST AS IMPORTANT AS KNOWING YOUR BLOOD PRESSURE. ASK YOUR DOCTOR ABOUT YOUR EF.**



# STAY ON TRACK

BY FOLLOWING THE TIPS IN THIS PACKET, YOU MAY IMPROVE YOUR QUALITY OF LIFE AND LEARN TO MANAGE YOUR HEART FAILURE.

- Take time each day to do a daily checkup of yourself:
  - Weigh yourself
  - Keep track of the fluids you drink
  - Limit salt to less than 2000 mg per day
  - Monitor symptoms like swelling, weight gain and shortness of breath
  - Take your medications as directed by your doctor
- Stay as active as possible. Even doing chores like vacuuming and washing dishes helps to keep you active and fit
- Talk to your doctor before starting an exercise program

**HEALTHY TIP:**  
SET A GOAL EVERY WEEK TO HELP YOU STAY ON TRACK.  
**MY FIRST GOAL IS:** \_\_\_\_\_



# STAY ON TRACK

**WRITE DOWN ANY QUESTIONS OR IDEAS YOU HAVE ABOUT YOUR DAILY PERSONAL CHECKUP:**

A series of horizontal dotted lines for writing, spanning the width of the page.





# HEART FAILURE RESOURCES

## CHRONIC DISEASE NURSE NAVIGATORS:

**SUSAN DEPUGH, RN**

TEL. 740-779-7044

ADN, Ohio University

**DANIELLE FLESHER, RN BSN**

TEL. 740-779-7367

ADN, Hocking College

BSN, Indiana Wesleyan University

**CARRIE HARTSAUGH, RN BSN**

TEL. 740-779-7367

ADN, Ohio University

BSN, Indiana Wesleyan University

**LORI O'HEARN, RN BSN**

TEL. 740-779-8893

Nursing Diploma, The Christ Hospital School of Nursing

BSN, Wright State University

## ADENA DIETITIANS:

TEL. 740-779-7520

## ONLINE:

National Heart Lung and Blood Institute: ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))

American Heart Association: ([www.americanheart.org](http://www.americanheart.org))

Heart Failure Online: ([www.heartfailure.org](http://www.heartfailure.org))

# REFERENCES

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<http://www.adaevidencelibrary.com/topic.cfm?cat=3249>

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[http://www.nchealthliteracy.org/comm\\_aids/Heart\\_Failure\\_Intervention\\_eng\\_v1.pdf](http://www.nchealthliteracy.org/comm_aids/Heart_Failure_Intervention_eng_v1.pdf)

National Heart Lung and Blood Institute (2010, January).

Diseases and Conditions Index: Heart Failure. Retrieved

January 20, 2011

[http://www.nhlbi.nih.gov/health/dci/Diseases/Hf/HF\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hf/HF_WhatIs.html)

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