

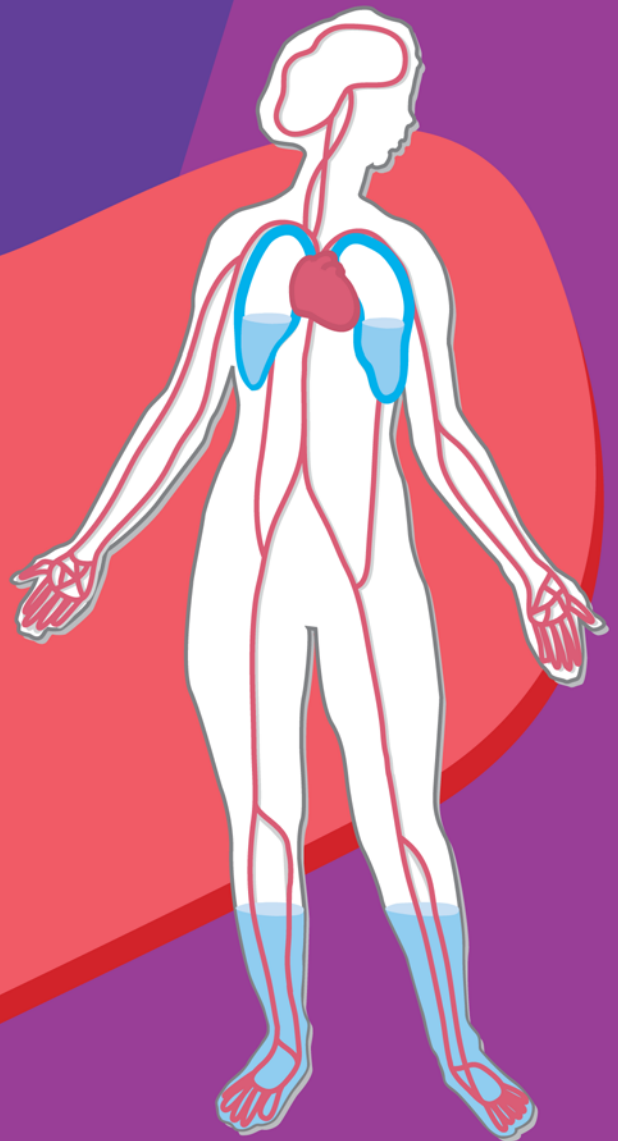
Griffin Hospital

MANAGING YOUR HEALTH WITH HEART FAILURE

1

2

3



Adapted from material provided by UNC School of Medicine

Congestive Heart Failure

With congestive heart failure, the heart cannot pump the blood well. As a result, blood doesn't flow well.

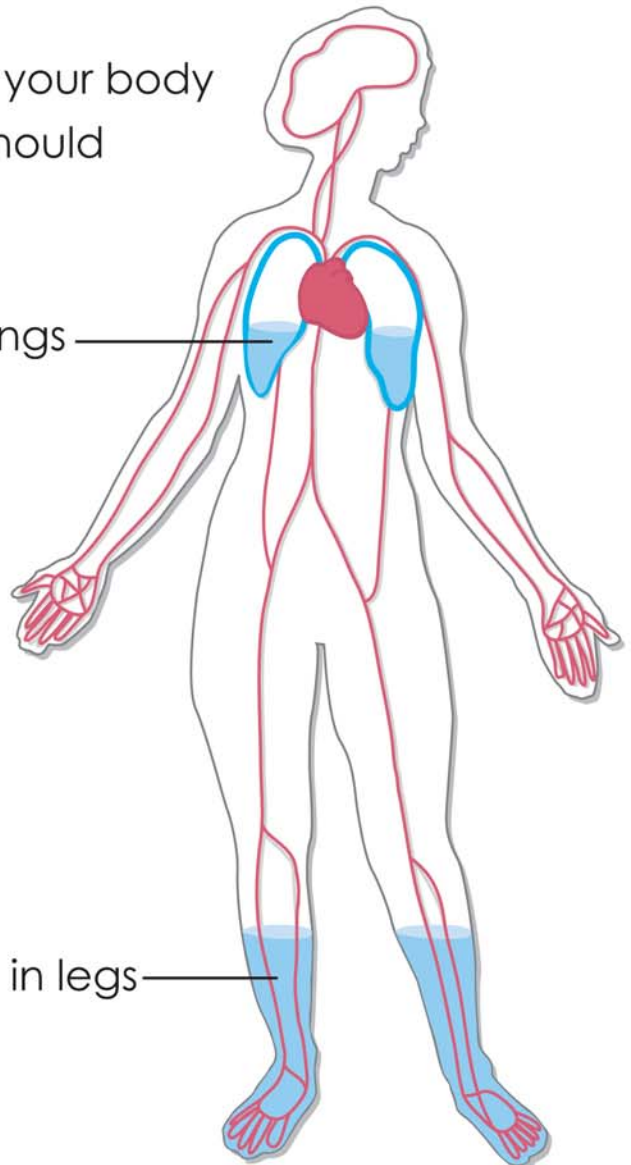
Fluid leaks out of your blood vessels and backs up in the lungs and the legs.



Salt makes it harder for your body to get rid of fluid. You should avoid salt.

Fluid in lungs

Fluid in legs



How Bad Is Your Congestive Heart Failure?

You can tell how well your heart is doing by how you feel and what you can do.

SWELLING

Good – No Swelling



OK – Swelling in Ankle or Shin



Bad – Swelling in Knee Area



Call Your Doctor ☎

WALKING

Good – You can walk easily with no shortness of breath



OK – Shortness of breath when walking fast



Bad – Short of breath at rest



Call Your Doctor ☎

SLEEPING

Good – Sleeping flat, no shortness of breath



OK – Needing 2 pillows or more to avoid shortness of breath



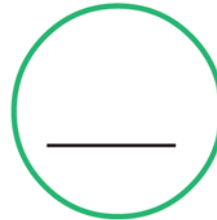
Bad – Have to sleep upright to avoid shortness of breath



Call Your Doctor ☎

Good Weight

Your **Good Weight** is



Your **Good Weight** is the weight at which your body and heart will work best, which means no extra fluid in your body.

WEIGHT GAIN from gaining fluid
can be bad for your health.

WEIGHT LOSS from losing fluid
can be bad for your health.



YOUR GOAL is to stay at your **Good Weight**

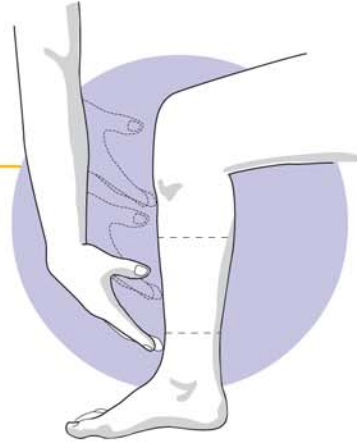
If you gain or lose 2 or more pounds in one day or 4 or more pounds in one week, Call Your Doctor.

3 Steps to Manage Your Health

EACH MORNING

1

Check for Swelling



2

Weigh Yourself



3

Take Your Fluid Pills
As Directed



Swelling



**SWELLING
CAN
MEAN
YOU HAVE
MORE FLUID**

To check for swelling

- You only need to check one leg.
- Press firmly into the skin of your **knee, shin, and ankle** with your finger.
- If your finger makes a pit in your skin, you have swelling in that part of your leg.



Check for swelling each morning

- 1) Check around your **knee**
- 2) Check around your **shin**
- 3) Check around your **ankle**



- 4) Check on your chart where swelling is.
- 5) If swelling reaches your knees, call your doctor

| | 1 Swelling | 2 Weight | 3 Number of Fluid Pills | |
|-----------|---|----------|-------------------------|---------|
| | | Morning | Morning | Evening |
| Sunday | <input type="radio"/> Knee <input type="radio"/> Shin <input type="radio"/> Ankle <input type="radio"/> None | | | |
| Date | | | | |
| Monday | <input type="radio"/> Knee <input type="radio"/> Shin <input type="radio"/> Ankle <input type="radio"/> None | | | Evening |
| Date | | | | |
| Tuesday | <input type="radio"/> Knee <input type="radio"/> Shin <input type="radio"/> Ankle <input type="radio"/> None | | | |
| Date | | | | |
| Wednesday | <input type="radio"/> Knee <input type="radio"/> Shin <input type="radio"/> Ankle <input type="radio"/> None | Morning | | |
| Date | | | | |
| Thursday | <input type="radio"/> Knee <input type="radio"/> Shin <input type="radio"/> Ankle <input type="radio"/> None | Morning | Morning | Evening |
| Date | | | | |

Weight

2

YOUR WEIGHT CHANGES WITH HOW MUCH FLUID YOU HAVE

1) Weigh yourself each morning.



2) Write your weight on your chart.

A hand holding a black pen is writing the number '16' in the 'Weight' column of a chart. The chart has three main sections: 'Swelling', 'Weight', and 'Number of Fluid Pills'. The 'Weight' section has columns for 'Morning', 'Morning', and 'Evening'. The 'Swelling' section has rows for 'Knee', 'Shin', 'Ankle', and 'None' with radio button options. The 'Number of Fluid Pills' section has columns for 'Morning', 'Morning', and 'Evening'. The hand is writing '16' in the first 'Morning' column under 'Weight'.

| 1 Swelling | | 2 Weight | | 3 Number of Fluid Pills | |
|--|--|----------|---------|-------------------------|--|
| | | Morning | Morning | Evening | |
| <input type="radio"/> Knee | | 16 | | | |
| <input type="radio"/> Shin | | | | | |
| <input checked="" type="radio"/> Ankle | | | | | |
| <input type="radio"/> None | | | | | |
| <input type="radio"/> Knee | | | | | |
| <input type="radio"/> Shin | | | | | |
| <input type="radio"/> Ankle | | | | | |
| <input type="radio"/> None | | | | | |
| <input type="radio"/> Knee | | | | | |
| <input type="radio"/> Shin | | | | | |
| <input type="radio"/> Ankle | | | | | |
| <input type="radio"/> None | | | | | |

3) Call your doctor if you gain or lose 2 or more pounds in one day or 4 or more pounds in one week.

Fluid Pills

Your “fluid pill” is called furosemide (Lasix).

Your fluid pill looks like 

You control your swelling and body weight by your fluid pill dose.



Take your fluid pill every day as directed.

When to Call Us for Help



Call us if . . .



– You are **short of breath while sitting still**



– You have to **sleep upright or in a chair**



– You have **swelling to your knees**



– Your weight goes up or down by 2 or more pounds in one day or 4 or more pounds in one week



– You have questions about your pills








▼

▼

 Call Your Doctor
If You Have Any
Questions.

 Call Your Doctor
If You Have Any
Questions

Good Weight

| | <div>1</div> <div>Swelling</div> | <div>2</div> <div>Weight</div> | <div>3</div> <div>Number of Fluid Pills</div> | |
|------------------|--|--------------------------------|---|---------|
| Sunday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |
| Monday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |
| Tuesday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |
| Wednesday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |
| Thursday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |
| Friday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |
| Saturday | <input type="radio"/> knee <input type="radio"/> shin <input type="radio"/> ankle <input type="radio"/> none  | Morning | Morning | Evening |
| Date | | | | |

Follow a Low Salt Diet



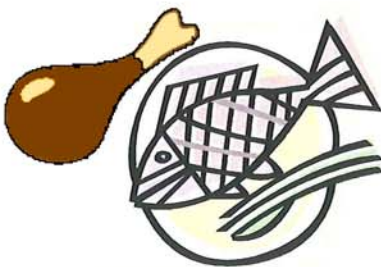
GOOD FOR YOU



Fresh fruits



Fresh/frozen vegetables



Meats - Chicken & Fish



Milk, low sodium
cheese & yogurt



Follow a Low Salt Diet

BAD FOR YOU



Fast food



Foods in cans and jars



Smoked meats



Frozen/prepared foods



Salty snacks



Physical Activity

1) Talk to your Doctor about what exercise is good for you.

2) Walking is a good exercise.

3) Do what you enjoy; like gardening, shopping, walking the dog and playing with kids.



4) If you feel tired stop and rest.

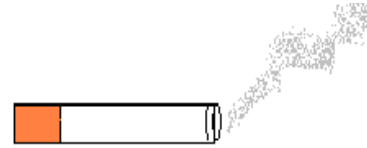
5) Schedule a nap or rest every afternoon.



6) When the weather is very hot or cold, do not go out as much.

Bad for you

1) Quit smoking



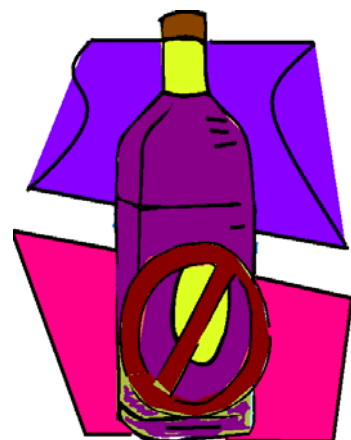
If you have tried to quit before: try again.

Avoid second hand smoke.

2) Alcohol is bad for you.

Alcohol makes the heart work harder.

This makes the heart weaker.



Valley Gateway to Health

Griffin Hospital

in collaboration with

Shady Knoll Health Center

Hilltop Health Center

Birmingham Health

Gardner Heights

Bishop Wicke

Visiting Nurse Service of Connecticut

New England Home Care

Masonicare Home Health & Hospice

Visiting Nurse Association of South Central Connecticut