

Living With My Heart Failure:

My Guide to Keep Me Healthy & at Home

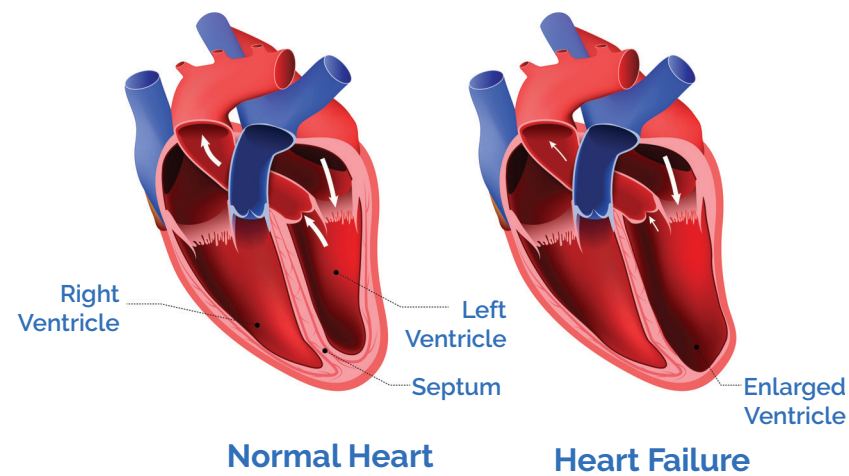


ChristianaCare™

Understanding My Heart Failure (HF)

What is heart failure?

Heart failure is a condition in which the heart can't pump enough blood to meet the body's needs. In some cases, the heart can't fill with enough blood. In other cases, the heart can't pump blood to the rest of the body with enough force. Some people have both problems.



Common causes of heart failure

- Low blood flow to heart muscle
- High blood pressure
- Heart muscle or valve problems
- Heart rhythm problems
- Heart defect at birth
- Lung disease
- Sleep apnea (breathing problems when sleeping)
- Diabetes
- Drug use
- Alcohol abuse

What may have led to my heart failure?

1. _____
2. _____
3. _____
4. _____

Understanding My Ejection Fraction (EF)

Ejection Fraction

Ejection fraction (EF) measures the percent of blood leaving the heart with each heartbeat.

A normal EF is approximately 50-70%.

Even if your EF is normal, it is still possible to have heart failure. The left side of your heart may be stiff and cause heart failure.

My ejection fraction is

_____ %

NORMAL
Ejection Fraction

50% or Higher

Borderline
Ejection Fraction

41%-49%

LOW
Ejection Fraction

40% or Lower

What to Eat

What can I eat if I have heart failure?

It is very important that you limit the amount of salt (sodium) and fluid you take in.

You should not eat more than 2,000 milligrams (mg) of sodium in a day.

How do I lower the amount of salt in my diet?

- Get rid of your salt shaker.
- Use salt substitute, pepper, garlic, spices and other salt-free seasonings on food.
- Limit the amount of meals eaten in restaurants.
- Avoid fast food restaurants.
- Ask for nutritional information when dining out.
- When shopping for food, look for items that say salt free, low sodium or very low sodium.

Common high salt foods to avoid

- | | | | |
|-------------------------|----------------|-------------------------|----------------|
| • Ham | • Hot dogs | • Instant noodles | • Boxed foods |
| • Deli meats & cheeses | • Ketchup | • Soda | • Canned foods |
| • Pickles | • Soy sauce | • Sausage | |
| • Potato chips/pretzels | • Soups | • Instant hot breakfast | |
| | • Frozen meals | • Pasta sauce | |
| | • Bacon | | |



What to Drink

How much fluid can I drink in a day with heart failure?

- Generally, you should limit your fluid intake to no more than 2,000 milliliters (ML) per day. This is the same as a 2-liter bottle per day.
- Your health care team may decide that you need a different fluid limit.
- Fluids include soda, water, alcohol, soup, jello, ice cream, coffee, tea, milk, juice.

FLUID CHART

- 1 fl oz = 30 ml
- 8 fl oz = 240 ml = 1 cup
- 12 fl oz = 360 ml = 1 ½ cups
- 16 fl oz = 480 ml = 2 cups
- 20 fl oz = 600 ml = 2 ½ cups
- 32 fl oz = 1000 ml = 4 cups



Watch my fluids! 2,000 ml = 2 liters

My fluid limit is _____ ml per day.

Reading a Food Label

Practice reading a nutrition label

- Look at the serving size.
- Look at the amount of sodium per serving.
- Know how many servings are in the container.



Amount of sodium per serving

Nutrition Facts			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat 120	
		% Daily Value*	
Total Fat	15g		20 %
Saturated Fat	5g		28 %
Trans Fat	3g		
Cholesterol	30mg		10 %
Sodium	650mg		28 %
Total Carbohydrate	30g		10 %
Dietary Fiber	0g		0 %
Sugars	5g		
Protein	5g		
Vitamin A	5%	•	Vitamin C 2%
Calcium	15%	•	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

What is the serving size?

How much sodium is in one serving?

How many servings per container?

How much sodium per container?

REMEMBER:
Salt 2000 mg
Fluids 2000 ml

Weight and Exercise

Weight

- Weigh yourself at the same time each morning.
- Write your weight down in your weight chart.
- Bring your weight chart with you to your appointment with your health care team.

Know your dry weight

Your normal weight without any extra fluid in your body is called dry weight.

Exercise

Even simple exercise, such as walking, can be good for you.

Make sure you pace yourself and take breaks.

Start slowly and add a little more when you feel ready.

STOP immediately if you feel dizzy, lightheaded or have chest pain.

Discuss with your healthcare provider if cardiac rehab would be good for you.



My dry weight is _____ pounds.



My favorite way to exercise is _____

What to Do at Home

How can I tell if I am having trouble with my heart failure?

- **Shortness of breath:** You may have trouble breathing with extra fluid in your lungs. This may be worse with activity or when you lay down. You may feel short of breath at night.
- **Swelling:** You may have swelling in your feet, ankles, legs, belly or hands from extra fluid. You may notice your shoes are tight when you put them on.
- **Increased weight:** You will notice your weight increasing as you hold onto extra fluid.
- **Feeling weak or tired:** You may have trouble doing normal activities. Walking may become more difficult. You may be extra sleepy during the day.
- **Cough:** You may develop a cough that does not bring up any thick mucous. This may be worse when you lie down.
- **Changes in eating habits:** You may feel full earlier while eating, or not feel like eating. Sometimes, you may feel nauseated.

DAILY	<ul style="list-style-type: none">• Weigh yourself in the morning, and write your weight down.• Take your medications as prescribed.• Check your feet, ankles and legs for swelling.
GREEN ZONE	<p>Everything is good if:</p> <ul style="list-style-type: none">• You have no shortness of breath.• You have no swelling.• You have no weight gain.
YELLOW ZONE	<p>Call your doctor if:</p> <ul style="list-style-type: none">• You have weight gain of 3 pounds or more in a day, 5 pounds or more in 3 days or 5 pounds above your dry weight at any time.• You are more short of breath than normal.• You have swelling.• You are more tired or weak than usual.• You cannot lay down to sleep.
RED ZONE	<p>Go to the Emergency Department or call 911 if:</p> <ul style="list-style-type: none">• You are struggling to breathe or cannot breathe.• You have severe chest pain.• You are confused.• You are fainting.

Medications

Tips about your medications

- Take your medications exactly as prescribed.
- Keep a list of all of your medications with you at all times. This list should have doses on it, too.
- Do not miss any doses of your medications.
- Use a pillbox to help you remember your medications.
- Call for refills before you run out of your medication.
- Know what each medication is and what it looks like.
- Try to take your medications at the same time each day.
- Take your medications with you when you travel.
- Call your health care provider if you have concerns about your medications.
- Do not stop taking your medications unless directed by your health care provider.



My heart failure medications

To help my heart function:

To help me urinate out extra fluid:

Others:

Am I Ready to Go Home?

Heart failure quiz

1. Heart failure means the heart is not pumping correctly.
☐ **True** ☐ **False**
2. Swelling is a sign of heart failure.
☐ **True** ☐ **False**
3. I do not have to limit the amount of salt I eat in a day.
☐ **True** ☐ **False**
4. I need to weigh myself every day.
☐ **True** ☐ **False**
5. I do not have to take my medications if I feel well.
☐ **True** ☐ **False**

About me

My three main goals for living with heart failure are:

- 1) _____
- 2) _____
- 3) _____

What do I need to do to be successful treating my heart failure?

This is important to me because:

Ready for discharge

- My first heart failure follow-up appointment is on: _____ with _____.
- My doctor's phone number is: _____.
- I understand the medications I am being sent home on. ☐ Yes ☐ No
- I need to get blood work on _____.

Bring this book to every visit!

My Heart Failure *Tracker*

Salt Less than 2,000mg

Fluids less than 2,000ml

[illegible]

DAILY

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- Take your medications as prescribed.
- Check your feet, ankles and legs for swelling.

GREEN ZONE

Everything is good if:

- You have no shortness of breath.
- You have no swelling.
- You have no weight gain.

YELLOW ZONE

RED ZONE

Go to the Emergency Department or call 911 if:

- You are struggling to breathe or cannot breathe.
- You have severe chest pain.
- You are confused.
- You are fainting.

My Heart Failure *Tracker*

Salt Less than 2,000mg

Fluids less than 2,000ml

DATE	WEIGHT	ANY NEW PROBLEMS?	EXERCISE FOR TODAY

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YELLOW ZONE

- Call your doctor if:
- You have weight gain of 3 pounds or more in a day, 5 pounds or more in 3 days or 5 pounds above your dry weight at any time.
 - You are more short of breath than normal.
 - You have swelling.
 - You are more tired or weak than usual.
 - You cannot lay down to sleep.

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Center for Heart & Vascular Health

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[ChristianaCare.org/Heartfailure](https://www.ChristianaCare.org/Heartfailure)

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