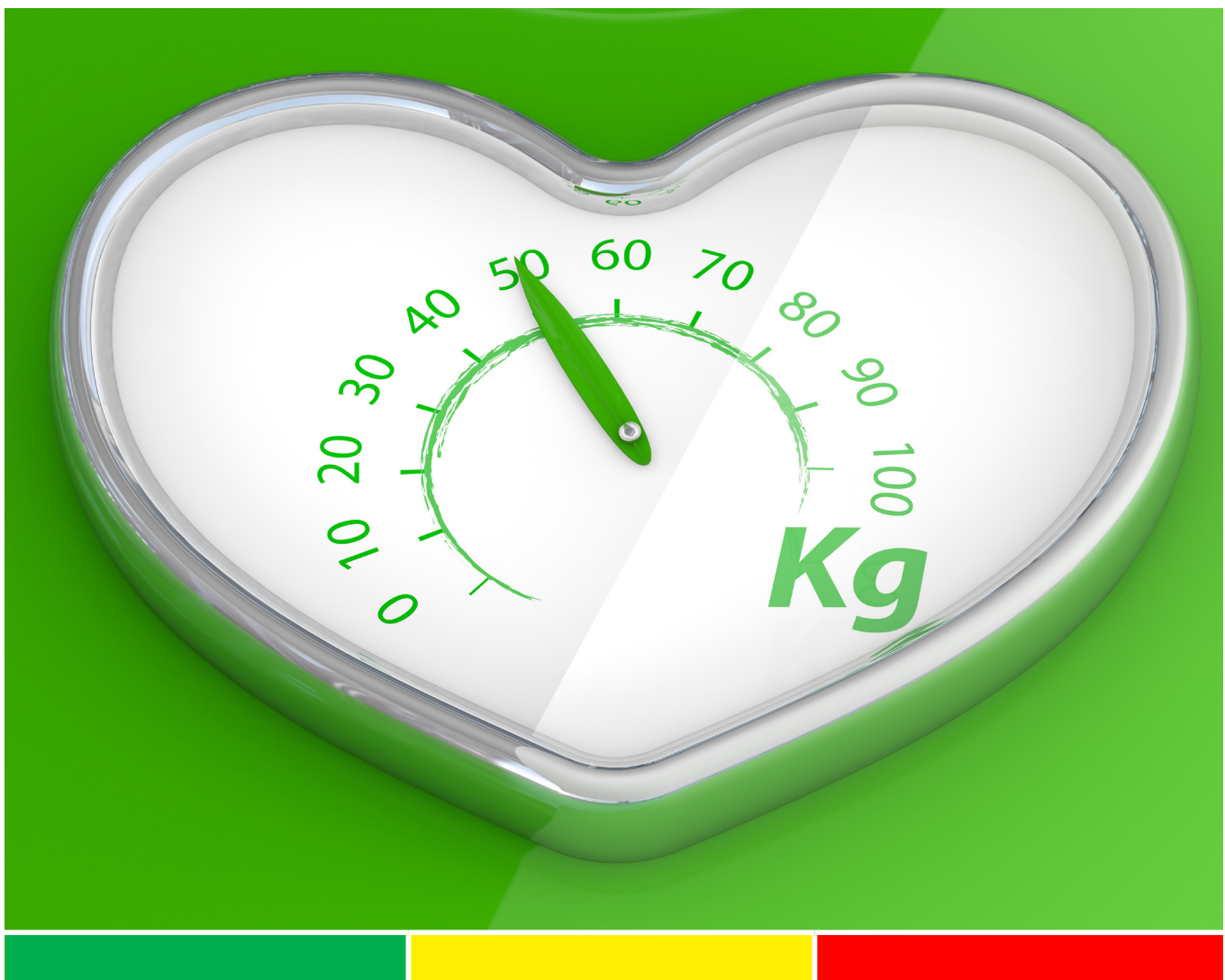


# Weighing in Together

## Self care for heart failure patients



Patient Guide & Self Management

Weight Record

Edition 2

# Every day...



- Weigh yourself in the morning before breakfast and write it down.
- Take your medicine the way you should.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat healthy well balanced diet.
- Eat low salt foods - please note: salt substitutes (e.g. Lo Salt) are not recommended.
- Restrict your fluid intake as recommended.
- Cut down or stop smoking.
- Limit alcohol intake.
- Balance activity and rest periods.
- Keep all doctor/ Heart Failure nurse appointments.
- Check which Heart Failure Zone are you today.

Green



Yellow



Red?



## Green zone



Your symptoms are **under control**. You have:

- No increased shortness of breath.
- No weight gain more than 2 pounds (about 1 kg) (it may change 1 or 2 pounds some days).
- If weight goes up by 2-3 pounds, weigh yourself next day, if weight goes up again move to the yellow zone.
- No increased swelling of your feet, ankles, legs or stomach.
- No chest pain.

**This zone is your goal!**

## Yellow zone



**Nurse/GP/NHS24**

Call your **GP or Heart Failure Nurse** if you:

- Have increased shortness of breath.
- Have a weight gain of more than 2 to 3 pounds (about 1 to 1.5 kg) in one day, which then increases the next day.
- Have increased swelling of your feet, ankles, legs, or stomach.
- Are feeling more tired, no energy.
- Have a dry cough.
- Have dizziness (new or worsening) and/or feeling faint.
- Have diarrhoea and/or vomiting.
- Are feeling uneasy, knowing something is not right.
- Find it is harder to breathe when lying down.
- Can't think clearly or are feeling confused.
- Need to sleep sitting up in a chair, if this is new to you.

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**Caution – This zone is a warning**

## Red zone



**GP or 999**

Call your **GP immediately** or dial **999** if you:

- Are struggling to breathe.
- Have unrelieved shortness of breath even at rest.
- Have unrelieved chest pain.
- Have wheezing or chest tightness at rest.

**Medical alert!**

# Heart Failure Daily Weight Chart



Date	Weight lb (kg)	Have you gained 2 - 3 lb (1 - 1.5 kg) since yesterday? (Yes/No)	Comments  e.g. 'more breathless today / more tired today.'
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
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		<input type="checkbox"/> Yes <input type="checkbox"/> No	

Weigh yourself before breakfast, after using toilet, with same light clothing, before 'water' pills





Date	Weight lb (kg)	Have you gained 2 - 3 lb (1 - 1.5 kg) since yesterday? (Yes/No)	Comments  <i>e.g. 'more breathless today / more tired today'.</i>
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
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Weigh yourself before breakfast, after using toilet, with same light clothing, before 'water' pills





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		<input type="checkbox"/> Yes <input type="checkbox"/> No	

Weigh yourself before breakfast, after using toilet, with same light clothing, before 'water' pills





## My medications to treat Heart Failure



The medications I am taking are (tick):	The purposes these have:
<input type="checkbox"/> Furosemide (also called frusemide) <input type="checkbox"/> Bumetanide <input type="checkbox"/> Bendroflumethiazide <input type="checkbox"/> Metolazone	Diuretic (water pill) helps your kidneys get rid of excess fluid by making you pass more urine. They can: <ul style="list-style-type: none"> <li>• Reduce swelling</li> <li>• Relieve shortness of breath</li> <li>• Lower your blood pressure</li> </ul>
<input type="checkbox"/> Ramipril <input type="checkbox"/> Lisinopril <input type="checkbox"/> Enalapril <input type="checkbox"/> Captopril	Angiotensin Converting Enzyme (ACE) inhibitors lighten the workload of your heart and make it easier for your heart to pump blood around your body. They can prevent your heart failure from getting worse and can also: <ul style="list-style-type: none"> <li>• help you live longer</li> <li>• help protect you from having a heart attack by improving the blood flow to your heart muscle</li> <li>• help you be more active</li> </ul>
<input type="checkbox"/> Bisoprolol <input type="checkbox"/> Carvedilol	Beta blockers help to prevent the heart from beating too quickly and too forcefully. They can: <ul style="list-style-type: none"> <li>• increase the amount of blood your heart pumps out</li> <li>• control heart rhythm problems</li> <li>• increase your chance of living longer</li> </ul>
<input type="checkbox"/> Spironolactone <input type="checkbox"/> Eplerenone	Aldosterone antagonists help you to get rid of excess fluid by passing more urine and control the potassium levels in your blood.
<input type="checkbox"/> Candesartan <input type="checkbox"/> Valsartan	Angiotensin Receptor Blockers (ARBs) relax the blood vessels to allow the blood to flow easily, reducing the work of your heart. They can: <ul style="list-style-type: none"> <li>• reduce your blood pressure</li> <li>• reduce your risk of having a heart attack</li> </ul>
<input type="checkbox"/> Ivabradine	This drug slows the heart in a different way from beta blockers. This can help improve heart function and quality of life
<input type="checkbox"/> Digoxin	Digoxin slows down and strengthens your heart beat. It can: <ul style="list-style-type: none"> <li>• control irregular heart rhythms</li> <li>• help your heart to pump blood around your body more efficiently</li> </ul>



<input type="checkbox"/> Isosorbide mononitrate <input type="checkbox"/> Isosorbide dinitrate <input type="checkbox"/> Hydralazine	Vasodilators relax the muscle in the blood vessel walls, making them widen and increasing the flow of blood. They can also help to reduce the workload of the heart. Used to treat angina (chest pain).
<input type="checkbox"/> Warfarin	Anticoagulants prevent clots from forming in your bloodstream and reduce your risk of having a heart attack or stroke. Used to treat atrial fibrillation (an abnormal heart rhythm problem).
<input type="checkbox"/> Aspirin <input type="checkbox"/> Clopidogrel	Antiplatelets help to: <ul style="list-style-type: none"><li>• make the blood less “sticky”</li><li>• reduce the risk of clots forming</li><li>• reduce the risk of having a heart attack or stroke</li><li>• reduce your symptoms</li></ul>
<input type="checkbox"/> Simvastatin <input type="checkbox"/> Atorvastatin	Statins help to lower the cholesterol level in your blood and so reduce the risk of heart attack or stroke.



## REMINDER

- Which Heart Failure Zone are you in?
- Any worsening signs and symptoms?
- Catch the signs early rather than late.
- Call your Heart Failure Specialist Nurse or your GP if you are in the **YELLOW** zone.
- Call your GP or 999 **immediately** if you are in the **RED** zone.

### **My Heart Failure Specialist Nurse**

Name:

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Telephone No:

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### **My Doctor / General Practitioner (G.P.)**

Name:

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Telephone No:

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