



**KNOW
YOUR
WHY**

**HEART FAILURE
AWARENESS WEEK**
2020

Care for the Caregiver

What to ask at every appointment?

- ✓ What are our your goals for my family member?
- ✓ What are the activity restrictions?
- ✓ Are there any medication changes?
- ✓ Are there any changes needed to fluid or dietary intake?
- ✓ How will we receive our test results?
- ✓ When is our next appointment?

What are our your goals for my family member?

When being the primary caregiver for a patient it is important to understand their goals of care. What are the most important things in your family member or friends life? What makes them the happiest or makes them feel frustrated in regards to their current state of health?

What are the activity restrictions?

Patients with a chronic illness such as heart failure may be more reluctant to exercise or be active due to their fear of worsening their heart failure. However, with a provider's recommendation it may in fact be quite helpful to their health to remain as active as tolerated. It's a great conversation to ease your family members frame of mind and promote healthy activity.

Are there any medication changes and did they get sent to your pharmacy?

Heart failure is often treated with multiple medications that are frequently changed. Communication and documentation of medication changes are so important to your family members health.

Are there any changes needed to fluid or dietary intake?

Dietary restrictions are one of the main methods utilized to keep our heart failure patients out of the hospital with well-controlled symptoms. Maintaining a diet of 2,000 mg of sodium a day will prevent heart failure symptoms.



How will we receive our test results?

Open communication regarding test results will ensure you and your family member receive all the information about your health care you need.

When is our next appointment?

Frequent follow up is so important to ensure all your family members care needs are accounted for and all your questions are answered.

What to Expect at Your Appointment:

1. Be prepared to present your insurance card and ID at the beginning of each visit
2. Be prepared for a medication review with a list of your current medications
3. Be prepared for a review of your Health summary regarding prior illness's and allergies
4. Be Prepared for a quick blood pressure, weight, and heart rate check
5. Be prepared with a log file of your daily weights to review with your Heart Failure provider
6. Be prepared for your Health Care Provider to complete a physical exam
7. Be prepared with any questions or concerns you may have to discuss with your provider throughout your visit

Caregiver Self Care Checklist:

- ✓ Are you getting enough rest?
- ✓ Are you maintaining a healthy diet?
- ✓ Are you exercising regularly?
- ✓ Do you have a family member or friend to talk to you?
- ✓ Have you reached out to your local Heart Failure Support Group?
- ✓ Did you make time for an activity you love to do today?
- ✓ Did you ask for help today when you needed it?

In order to provide the best care possible for your family member or friend you love so much, it is vital for you to maintain your upmost emotional and physical health possible.