

Heart Failure Passport to Self-Care

NAME

EMERGENCY CONTACT NAME

PHONE

ALLERGIES

CARDIOLOGIST NAME

PHONE

HF NURSE NAME

PHONE

PRIMARY CARE PHYSICIAN NAME

PHONE

PHARMACY NAME

PHONE

MEDICATION LIST AND NOTES

Start Date	Med Name and Strength	Dose/ Number of tabs	When do you take it? How many times, per day? After food? Morning or night?	Reason you are taking this medication

NOTES:

Every Day:

- ✓ Weigh yourself in the morning before breakfast and write your weight down.
- ✓ Eat low-salt/low-sodium.
- ✓ Check for swelling in your feet, ankles, legs and stomach.
- ✓ Take your medicine as ordered.

All Clear Zone... This is the safety zone you have:



- No shortness of breath.
- No weight gain more than two pounds (it may change one or two pounds some days).
- No swelling of your feet, ankles, legs, or stomach.
- No chest pain.

Warning Zone... Call your doctor if you have:



- Weight gain of two to three pounds in one day or five pounds or more in one week.
- Increased swelling of your feet, ankle, legs, or stomach.
- Difficulty breathing when lying down or feeling the need to sleep up in a chair.
- An uneasy feeling and/or you know something is not right.
- Fatigue or no energy.
- Shortness of breath.
- Dry hacking cough.
- Dizziness.

Medical Alert Zone... Go to the Emergency Room or call 911 if you have:

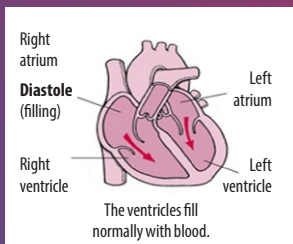


- A hard time breathing.
- Unrelieved shortness of breath while sitting still.
- Chest pains.
- Confusion or inability to think clearly.

How the Heart Works

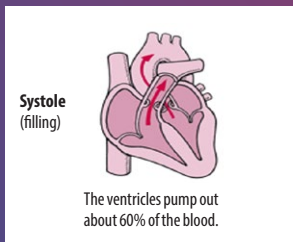
Diastole (Filling Phase)

Blood fills into the ventricles (pumping chambers) of the heart while they are relaxed. It takes twice as long for blood to fill in, than it does for blood to move out in the next phase.



Systole (Pumping Phase)

When the chambers begin to squeeze, blood in those two chambers moves forward into the arteries. Normally, 55-60% of the blood held in those chambers will move out. That percentage is known as the “ejection fraction,” or EF.



Where Does the Blood Go?

As blood flows through the vessels of the lungs, oxygen gets loaded onto these red blood cells. The oxygen and other nutrients in the blood moves through the heart's chambers and then is pumped out to the rest of the body in waves. A pulse you can feel is that wave of blood moving through an artery!

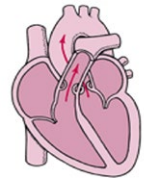
What is Heart Failure?

How does a heart “fail”?

When a heart does not do its job of moving blood around the body very well, it is said to be “failing”. That sounds like such an ugly word, but there are different severities of heart failure! There are many reasons this could happen. Here we look at the two main types of heart failure.

Heart Failure with Reduced EF (HFrEF)

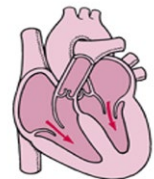
When a person’s ejection fraction, or EF, is less than about 40%, the care is focused on helping the heart pump stronger. Causes of HFrEF can include damaged heart muscle from heart attacks, viral attacks, or long-term problems like high blood pressure. Patients will take medications to help the heart squeeze as well as control factors that might make the heart have to work too hard, like extra fluid and high blood pressure.



The ventricles pump out less than 40 to 50% of the blood.

Heart Failure with Preserved EF (HFpEF)

Patients who have heart failure symptoms but an EF > 50% on echocardiogram are considered to have HFpEF. In this case, the heart’s squeeze may be fine, but during the diastolic (relaxing) phase, the heart is stiff and does not relax well, so smaller amounts of blood can fill the chamber. It may pump out 50%, but 50% of not much is not much!



The ventricles fill with less blood than normal.

Who We Are

The American Association of Heart Failure Nurses (AAHFN) is a professional nursing group with the goals of educating patients, caregivers, and nurses about heart failure care and finding ways to improve outcomes.

The vision for this Passport program is to provide an easy-to-use booklet for patients to keep track of their self-care needs and tips from healthcare providers.



Use this Passport to:

- ✓ **Track daily weights**
- ✓ **Track medications**
- ✓ **Track symptoms and changes in health**
- ✓ **Be reminded about important tips from your healthcare provider**

More Support

Together in Heart Failure, **www.togetherinHF.com**, is a community for patients and caregivers designed for people living with Heart Failure. Patients and caregivers can share stories, offer support, access resources, and get the comfort and knowledge you need.

The AAHFN Patient Education website holds many resources including tip sheets, calendars, medication lists, wallet cards and other educational resources that can help you to better live with heart failure.

The 'Together in HF' logo is located in a white box on the right side of the page. It consists of the text 'Together in' in a blue sans-serif font, followed by a red heart icon containing the white letters 'HF'.

<https://www.aahfn.org/mpage/patiented>

aahfn.org