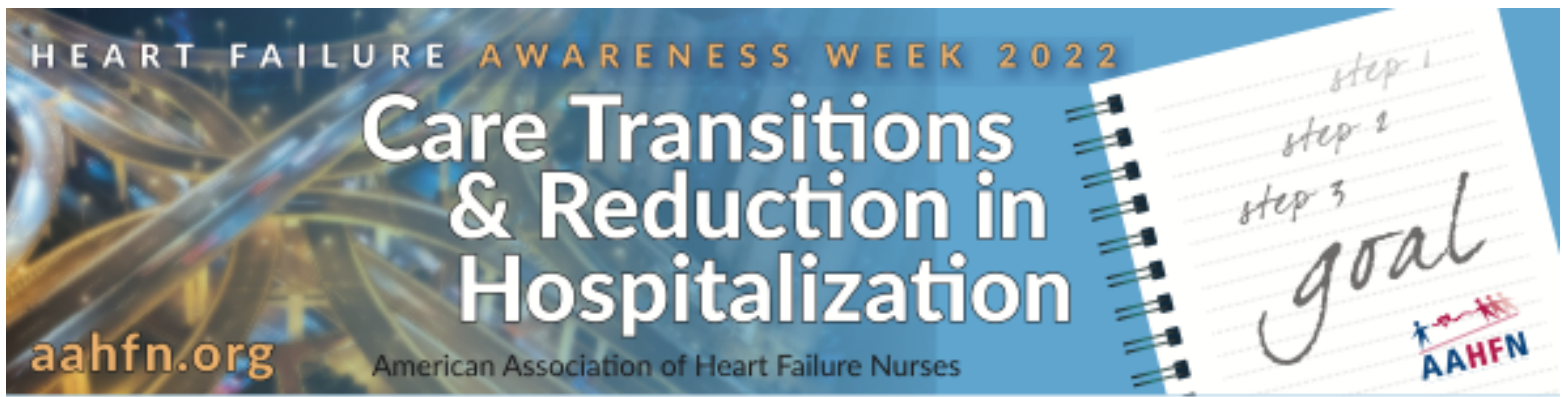




You are admitted to the hospital with **Heart Failure**. While we are working hard to help you feel better, this is a team effort, so you need to know the following information in order to improve your symptoms and stay out of the hospital. Below are questions that you *SHOULD* know the answers to. If you do not, then please ask your healthcare provider:

1. What is my admission weight? _____ kg (1 kilogram = 2.2 pounds)
2. What is my estimated "dry" weight? _____ kg (weight when not retaining fluid)
3. What is my daily fluid intake limit? _____ ml (1000 ml = 1 liter = 1.1 quart = 33.3 ounces)
4. What is my ejection fraction? _____ %
(normal is 50%; so < 50% means your heart is weak and > 50% means your heart is too stiff)
5. What is the cause of my heart failure? _____
6. What tests have been performed on my heart and what are the results?

7. What medications am I taking to improve heart function and/or symptoms? (separate list provided to fill in names, dosages, frequency, and why I am taking them)

8. Are there medications that would help my heart that I am not able to take for other reasons? If so, what needs to improve in order for me to take those medications?

9. Are there medications harmful to the heart that I should avoid?

10. What is the name of the health care provider seeing me in the hospital?

11. Who will I be seeing within one week of discharge from the hospital to check on my heart status? _____
12. Will I be seeing other providers after discharge? Who and when?

13. Are any tests planned for after discharge? _____
14. What activity should I be doing now and when I get home?

15. Who can speak to me about advanced care planning (living will and medical power of attorney) if I do not already have these forms in place?

16. If I experience weight gain of 2-3 pounds in 1 day or 5 lbs in one-week, worsening cough or shortness of breath, inability to lie down in bed, increased swelling, decreased appetite, lightheadedness, or other issues that I think might be related to my heart, who do I call?

Name: _____ Phone: _____