

Living Well with Heart Failure

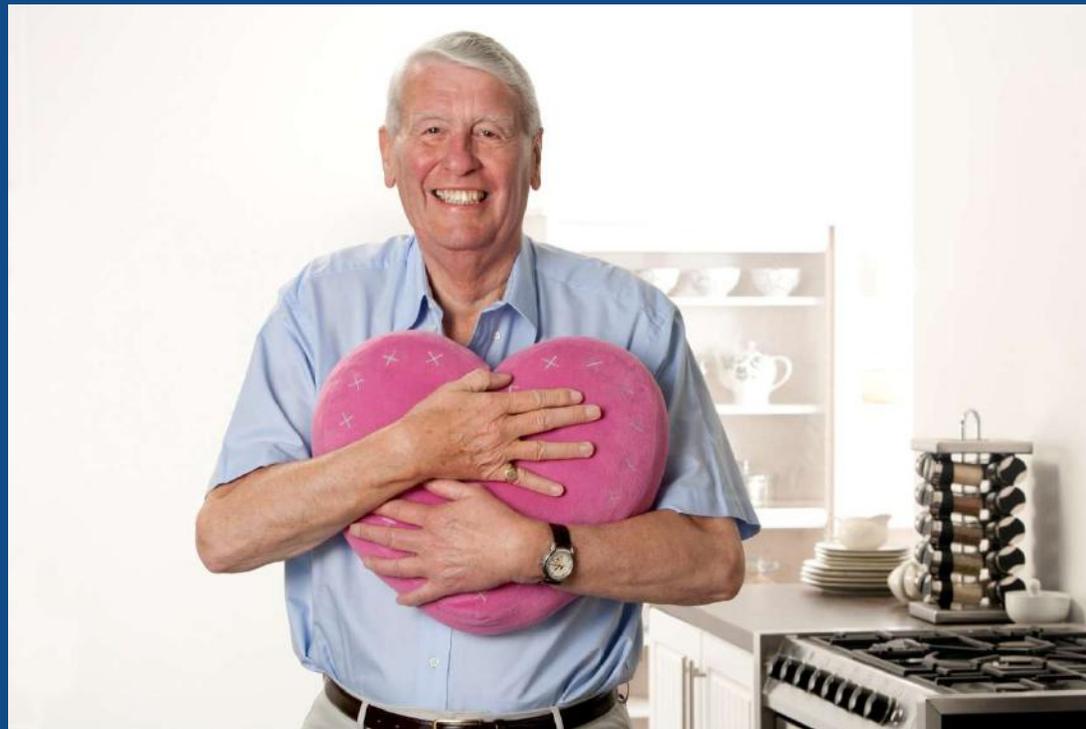


Presented by:
Home Health Monitoring Service

Plan for today

- Introduction
- Discuss Heart Failure
- Self management strategies
- Demonstration on home health equipment

What do you have to say about Heart Failure?



Heart Failure

Heart failure cannot be cured,
but it can be treated.



What is Heart Failure?

A guide to help you understand and learn to live well with heart failure



Heart Failure...

- Your heart is no longer pumping as well as it used to
- Means “your heart is *failing* to meet your body’s needs for oxygen”

Causes of Heart Failure

Coronary Artery Disease (CAD) accounts for about half of the people we see with heart failure. Other causes include:

- Heart attack
- Heart valve problems
- Heart rhythm problems
- High blood pressure
- Sleep apnea
- Having a higher than average alcohol intake
- Certain medications, for example chemotherapy.
- Viruses
- Diabetes
- Genetic causes
- Certain medications, for example chemotherapy.
- Viruses
- Genetic causes
- And sometimes we don't know the cause..

When You Have Heart Failure

Your body tries to help your heart:

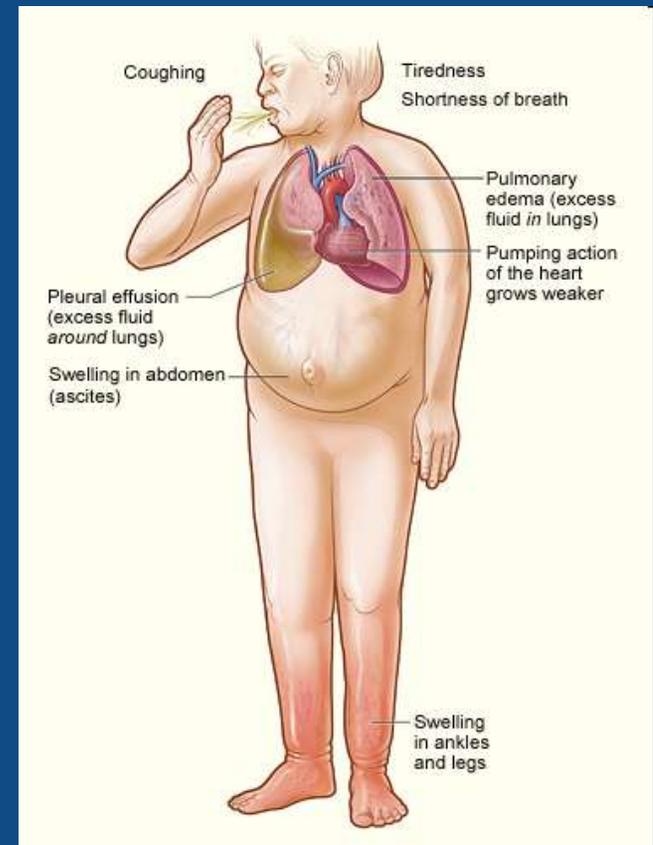
1. It hangs on to salt and water to increase the fluid in your blood stream
2. It increases your heart rate (your pulse) and
3. It can also increase the size of your heart



When your heart is not pumping well, your body knows its not pumping well- because it does not get as much oxygen. Your body tries to help your heart.

Some Common Symptoms Include:

- Weight gain
- More shortness of breath
 - With less activity
 - During the night, after lying down
- Swelling of feet and legs
- Swollen or tender stomach
- Cough
- Feeling tired
 - Including poor memory



Daily Weights

Check Your Weight Every Day

Why:

- Lets you know if your body is retaining fluid.
- Excess fluid in your body makes your heart work harder.



Daily Weights

When:

- Same time every day
- Before you eat breakfast

How:

- After you have emptied your bladder (gone 'pee')
- Wear the same amount of clothing

***Write your weight down and compare to
your weight yesterday***

Daily Weights

If your weight increases by:

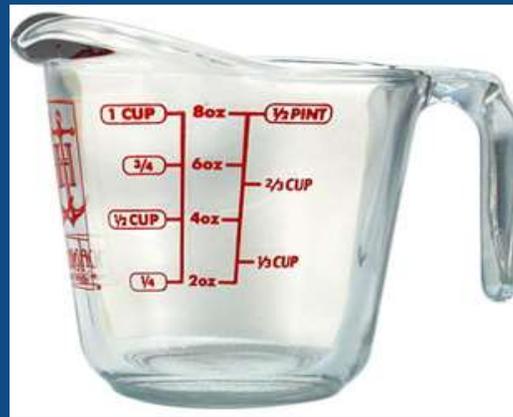
- More than 2 kg (4 lb) in two days, or
- More than 2.5 kg (5 lb) in 1 week

**You are retaining fluid!
You should call your health care provider**

Your Fluid Budget

Total amount of fluid per day
1.5-2 litres = 48-64 ounces = 6-8 cups

A fluid is any liquid at room temperature.



1 cup = 250 mL; 4 cups = 1 L

Medications Can Help

Medications...

- help you stay out of hospital.
- improve your quality of life.
- help you live longer.



Drugs to Avoid

- × Cough and cold medications.
- × Herbal and Chinese products.
- × Anti-inflammatory medicines (NSAIDs):
 - ibuprofen (Advil[®], Motrin[®])
 - naproxen (Aleve[®])



Choose Tylenol[®] (Acetaminophen) for pain relief

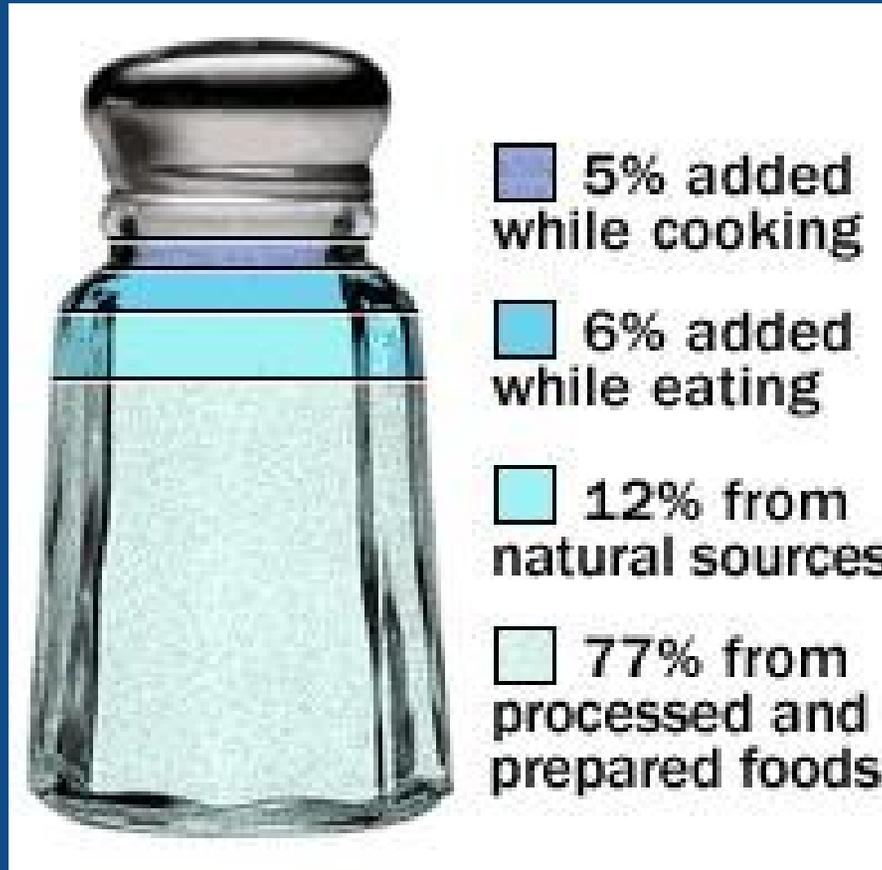
Nutrition and Heart Failure

It's all about the salt and
fluid!

Nutrition



Sodium – Where do we get it?



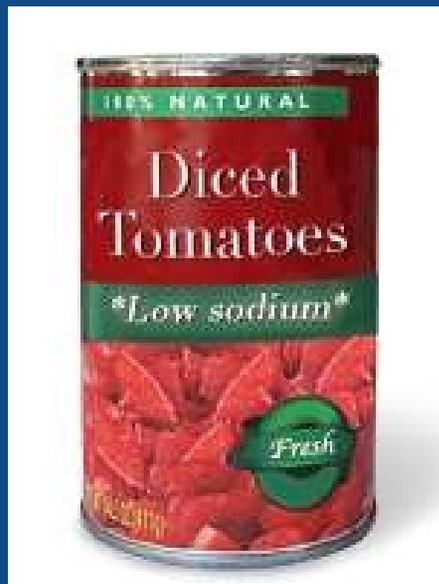
Less than 2000 mg per day

The World of Label Reading ...

Look for these words:

LOW-SODIUM
sodium-free
no salt added

sodium-reduced
UNSALTED



Nutrition Facts	
Serving Size 1 cup (240g)	
Amount Per Serving	
Calories 41	Calories from Fat 0
% Daily Value*	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 24 mg	1 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	10 %
Sugars 6 g	

When Cooking at Home ...

- Flavour food with lemon juice, fresh garlic, spices, herbs and flavoured vinegars
- Make meals with fresh ingredients
- Try salt-free spice mixes, such as:



- Avoid “No Salt”, “Half Salt”, “Also Salt”, “Nu Salt”
 - Uses potassium instead of sodium

Check for Increased Swelling

- Why?
 - Sign of fluid build up
- When?
 - At various times throughout day
- How?
 - Physical exam
 - You notice a decrease in appetite
 - Your clothes feel tighter than normal



Balance Activity & Exercise with Rest

- Why?

- Some of the benefits include: better sleep, heart and muscles work more efficiently, lowers risk of other illnesses and helps with feelings of depression.



How?

- Prioritize – learn how to say no so that you can do more of what you enjoy
- Plan – space out hard activities with easy ones
- Pace your self – STOP if you feel short of breath

Benefits of Exercise

- Exercise is an excellent way to help you feel better and have more energy.



- Exercise does not have to be strenuous to be valuable.



Managing at Home



Heart Failure Zones

 **Heart Failure Zones**

Check Weight Daily

- ▼ Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
- ▼ Keep the total amount of fluids you drink to only 6 to 8 glasses each day. (6-8 glasses equals 1500-2000 mL or 48-64 oz)
- ▼ Take your medicine exactly how your doctor said.
- ▼ Check for swelling in your feet, ankles, legs, and stomach.
- ▼ Eat foods that are low in salt or salt-free.
- ▼ Balance activity and rest periods.



Which Heart Failure Zone Are You Today? Green, Yellow, or Red

Safe Zone

ALL CLEAR – This zone is your goal!
Your symptoms are under control.
You have:

- No shortness of breath.
- No chest discomfort, pressure, or pain.
- No swelling or increase in swelling of your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) in 2 days in a row or 5 lbs (2.5 kg) in 1 week.



Caution Zone

CAUTION – This zone is a warning
Call your Health Care provider (eg. Doctor, nurse) if you have any of the following:

- ▲ You gain more than 4 lbs (2 kg) in 2 days in a row or 5 lbs (2.5 kg) in 1 week.
- ▲ You have vomiting and/or diarrhea that lasts more than two days.
- ▲ You feel more short of breath than usual.
- ▲ You have increased swelling in your feet, ankles, legs, or stomach.
- ▲ You have a dry hacking cough.
- ▲ You feel more tired and don't have the energy to do daily activities.
- ▲ You feel lightheaded or dizzy, and this is new for you.
- ▲ You feel uneasy, like something does not feel right.
- ▲ You find it harder for you to breathe when you are lying down.
- ▲ You find it easier to sleep by adding pillows or sitting up in a chair.

Health Care Provider _____ Office Phone Number _____



Danger Zone

EMERGENCY – This zone means act fast
Go to emergency room or call 911 if you have any of the following:

- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted.



The information in this document is intended solely for the person to whom it was given by the healthcare team.
For more information refer to: www.bcheartfailure.ca

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Heart Failure Zone

Danger

Caution

Safe

