

Heart Failure Action Plan

This plan is designed to keep your heart failure symptoms under control and to keep you out of the hospital. Always call our Heart Health Clinic if you are not sure what to do.

<p>I feel good</p>	<p>How I feel:</p> <ul style="list-style-type: none"> • No weight gain • Breathing is easy • No swelling in the ankles, legs or stomach • No chest pain 	<p>What to do:</p> <ul style="list-style-type: none"> • Keep taking medicine • Check my weight and my blood pressure every day • Eat healthy food • Activity _____
<p>I feel bad</p>	<p>How I feel:</p> <ul style="list-style-type: none"> • Weight has increased by ___ over the past 1-2 days or ___ in the past 5 days • More swelling in the ankles, legs or abdomen • Breathing is hard when lying down • Adding more pillows to sleep 	<p>What to do:</p> <p>Call our clinic if:</p> <ul style="list-style-type: none"> • If my weight has increased: _____ • If my weight has decreased: _____ • If I am having trouble breathing, see more swelling or have trouble lying down
<p>I need help now! Call Immediately</p>	<p>How I feel:</p> <ul style="list-style-type: none"> • Severe trouble breathing • Chest pain not relieved with nitroglycerin • Sweating, weakness, fainting, confusion • Fast or uneven heart rate 	<p>What to do:</p> <ul style="list-style-type: none"> • Call the HF clinic line immediately • Call 911 for emergency help