




**NORMAN
REGIONAL**
Health System

Healthy Living with Heart Failure





**This is a guide for your journey as you learn
to take care of your heart failure. Your doctor
may make changes that better suit you.**



**NORMAN
REGIONAL**
Health System

Know Your Daily Heart Failure Zone

EVERY DAY

- Weigh yourself in the morning before breakfast, on an empty bladder. Write it down and compare it to yesterday's weight.
- Take your medications as prescribed.
- Check for swelling in your feet, ankles, hands and stomach.
- Eat foods low in salt.
- Balance activity and rest periods.
- Determine which heart failure zone you are for the day. Are you green, yellow or red?

GOAL ZONE

ALL CLEAR - THIS IS YOUR GOAL ZONE!
YOUR SYMPTOMS ARE UNDER CONTROL. YOU HAVE:

- No changes in your shortness of breath.
- No changes in your ability to maintain your normal activity.
- No weight gain more than 2 pounds. Your weight may change 1 to 2 pounds on some days.
- No swelling of your feet, ankles or stomach.
- No chest pain.
- You are taking your medications as ordered.
- Your appetite is good.

WARNING

CALL YOUR DOCTOR IF YOU ARE HAVING
ONE OR MORE OF THE FOLLOWING:

- You have a weight gain of 3 pounds in 1 day or you have gained 5 pounds or more in 1 week.
- More swelling of your feet, ankles, hands or stomach
- It is harder for you to breathe lying down. You need to sleep sitting up in a chair.
- Increased shortness of breath with normal activities
- Dry hacky cough
- Lack of energy; feeling more tired
- Feeling uneasy, you know something is not right
- Feeling your heart race or feeling faint

EMERGENCY

GO TO THE EMERGENCY ROOM OR CALL 911
IF YOU HAVE ANY OF THE FOLLOWING:

- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Dizziness or fainting
- Wheezing or chest tightness at rest
- Increased and/or irregular heart beat
- Confusion or inability to think clearly
- New or increased chest pain

Please notify your home care nurse or doctor if you go to the ER.



Important Information

Important Phone Numbers

Physician: _____ Phone: _____
Home Health: _____ Phone: _____
Pharmacy: _____ Phone: _____

The cause of my heart failure is:

My Ejection
Fraction Is:

My Exercise Exertion
Level Has Been:

I Had My:

Tetanus Booster _____

Flu Shot _____

Pneumonia Shot _____

Shingles _____

Memo:

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Staff date and initial
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Living With Heart Failure

Heart failure is a serious condition. There is no cure. The good news is you can learn to manage your symptoms at home. New medications and treatments will help you get back to doing what you like to do. By learning about heart failure you will be able to recognize your symptoms and be able to manage your heart failure at home.

What Is Heart Failure?

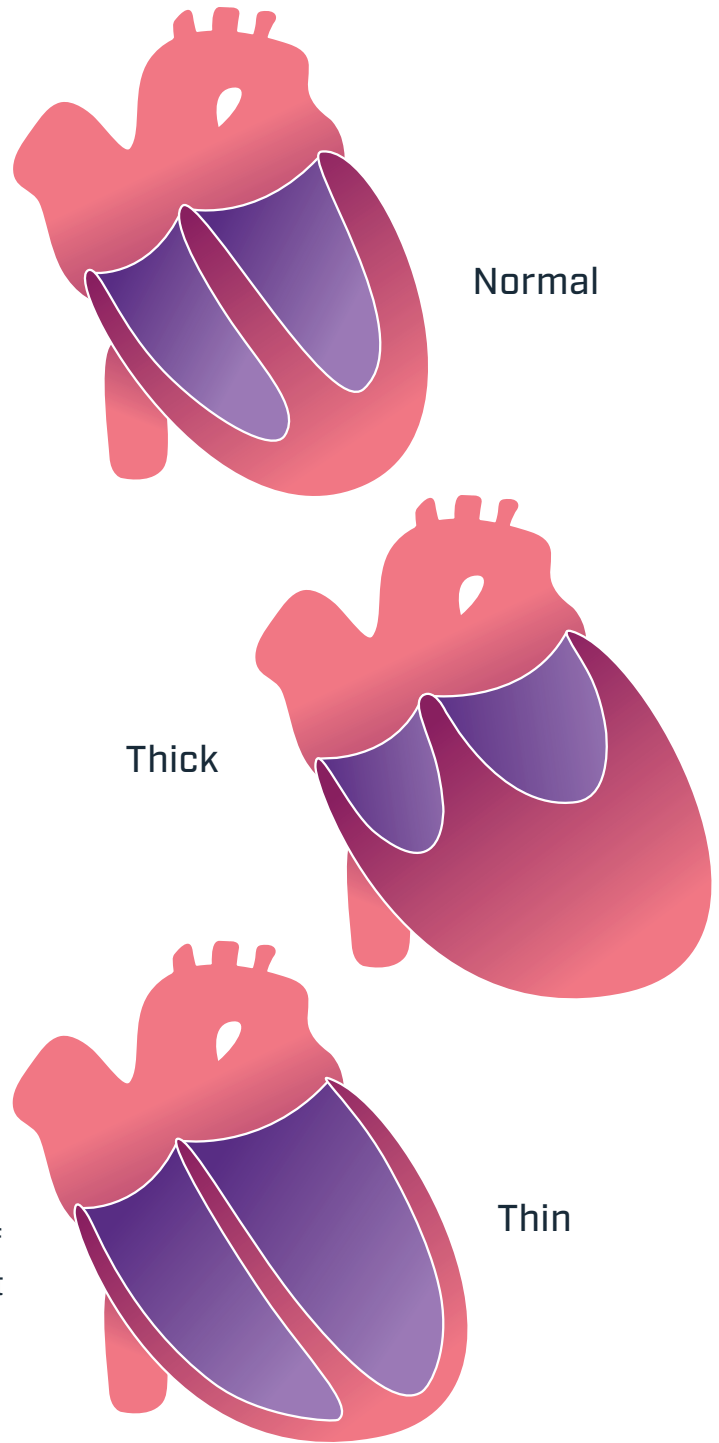
Your heart pumps blood through your entire body. Heart failure occurs when the heart's pumping power is unable to keep up with the body's demands. As a result you feel tired and lack energy. Blood flow from your heart to your muscles and organs becomes weak. Blood backs up. Fluid builds up in your lungs making you congested. Breathing becomes difficult. You develop swelling in your legs, ankles, and abdomen. The good news is you can learn to control these symptoms with diet, exercise and medications.

What Causes Heart Failure?

- **Coronary artery disease** - arteries that supply blood to the heart have a buildup of plaque. Clogged arteries make it harder for blood to reach the heart muscle making the heart weak.
- **A previous heart attack** weakens the heart muscle. After a heart attack the heart tries to adapt by making itself bigger.

Other causes that enlarge the heart:

- **High blood pressure** over time means the heart has to push harder to pump your blood.
- **Valve disease** makes it hard for the heart to work properly. If the valves are not able to open or close it is hard for the heart to pump blood through the body.
- **Disease conditions** such as diabetes, kidney disease and irregular heart rhythms can also make the heart weak.
- **Infections** or a virus.
- Years of alcohol use, drug abuse and some unknown causes.

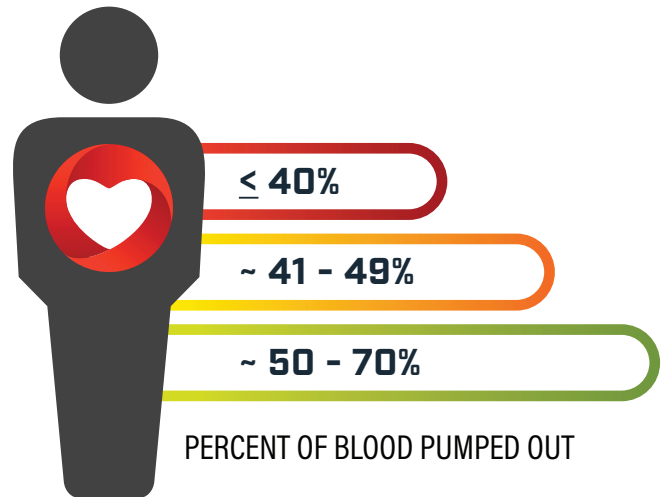


Your Heart Is A Muscle

Your heart is the muscle that pumps blood throughout your body. The ejection fraction (EF) is the measurement of the heart's pumping power. This number tells how much blood is pumped out with each beat of your heart. A normal pumping power is between 55 and 60%.

My Ejection Fraction is:

Ask your doctor what your ejection fraction is.



What Are The Symptoms of Heart Failure?

WARNING

CALL YOUR DOCTOR IF YOU ARE EXPERIENCING ONE OR MORE OF THESE SYMPTOMS

Common Symptoms:

- Weight gain of 3 pounds in one day or 5 pounds or more in one week.
- Swelling of the legs, ankles or feet.
- Increased shortness of breath with normal activities.
- Difficulty breathing while lying down. Needing to sleep sitting up in a chair.
- Dry hacky cough.
- Lack of energy or feeling more tired.
- Feeling uneasy; you feel something is not right.
- Rapid, irregular heartbeats or a feeling that your heart is "racing".
- Dizziness or feeling faint.

Be Alert To Your Symptoms!

- Many heart failure patients do not recognize their symptoms. They blame them on their age or medication side-effects.
- Your symptoms provide clues to how well your treatment is working.
- Symptoms may come on gradually over a few days or they may develop rapidly.
- If you notice changes in your symptoms be sure and call your doctor.

Know Your Heart Failure Zone

Know what is normal for you day to day. By knowing this you will learn to recognize when your symptoms are getting worse. You will be able to notify your doctor sooner so

changes can be made to your medication and/or medical treatments as soon as possible.

Record your symptoms daily to familiarize yourself and family to your “normal” zone.

The chart on the next page will help you record your usual symptoms. Find what “zone” you are in each day.

- **Green Zone** is your goal and means your symptoms are in control.
- **Yellow Zone** is a warning and means you need to call your home health nurse or doctor right away.
- **Red Zone** means you need to go to the hospital or call 911.

• If you call 911 or go to the hospital:

- > Take your list or containers of all current medications and medical treatments. Include all over-the-counter medications and supplements.
- > Bring your book where all of your contact information is written.
- > Notify your home health company and doctor as soon as possible so they can keep up with your care.



**Every
Day**

- Weigh yourself in the morning. Compare to yesterday's weight.
- Find your zone!
- Take your meds as prescribed. Check your swelling.



**Green
Zone**

- This is your goal.
- Your symptoms are under control.
- You are taking your medications.



**Yellow
Zone**

- This is a warning zone!
- Call your doctor!
- You have a weight gain of 3 pounds, you have swelling in your hands and feet. It is harder for you to breathe. Your heart is racing or you feel faint.



**Red
zone**

- Call 911 or go to the Emergency Room!
- You are struggling to breathe, you are having chest pain, you are dizzy or your heart is racing. It is hard for you to think clearly.

My Heart Failure Symptom Chart

	WEIGHT	B/P	HR	ZONE, CHANGE IN SYMPTOMS / NOTES
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

This chart will help you to keep track of your symptoms.

At Discharge:

Blood Pressure

Pulse

Symptoms:

Managing Your Heart Failure Meds

IT CAN TAKE MORE THAN ONE MEDICATION TO MANAGE HEART FAILURE. BE SURE AND TAKE YOUR MEDICATION AS PRESCRIBED.

Heart failure medications work in different ways to make it easier for your heart to pump blood. Some of these medications will be given to strengthen your heart. Others make it easier for your heart to pump. It is very important to take your medications as ordered by your doctor and not make any changes without checking with your doctor.

Below Are The Different Types Of Medications That Your Doctor May Prescribe.

NAME	ACTION	EXAMPLES
ACE INHIBITORS ANGIOTENSIN CONVERTING ENZYME	STRENGTHENS THE HEART AND MAKES IT EASIER FOR YOUR HEART TO PUMP	LISINOPRIL, RAMIPRIL, QUINAPRIL
ARBs ANGIOTENSIN RECEPTOR BLOCKERS	SIMILAR TO ACE INHIBITOR USED WHEN ACE IS NOT TOLERATED	CANDESARTAN, IRBESARTAN, LOSARTAN, VALSARTAN
BETA BLOCKERS	LOWERS THE HEART RATE AND RELAXES THE HEART. OVERTIME IMPROVES PUMPING POWER OF THE HEART	BISOPROLOL CARVEDILOL, METOPROLOL SUCCINATE
DIURETICS	"WATER PILLS" REMOVE EXTRA WATER AND SALT FROM THE BODY. REDUCES SWELLING AND HELPS WITH BREATHING	FUROSEMIDE, TORSEMIDE, HYDROCHLOROTHIAZIDE (HCTZ) AND METOLAZONE, ETACRYNIC ACID
DIGOXIN	HELPS HEART PUMP WITH MORE STRENGTH. SLOWS THE HEART DOWN	LANOXIN, DIGOXIN
ARNI ANGIOTENSIN RECEPTOR-NEPRILYSIN INHIBITOR	HELP IMPROVE THE HEARTS ABILITY TO PUMP BLOOD THROUGH THE BODY	SACUBITRIL/VALSARTAN
MRA MINALOCORTICOID RECEPTOR ANTAGONISTS	CAUSES KIDNEYS TO REMOVE EXTRA WATER AND SODIUM FROM THE BODY. IT CAN ALSO LOWER BLOOD PRESSURE.	SPIRONOLACTONE, EPLERENONE
SGLT2-INHIBITOR SODIUM-GLUCOSE COTRANSPORTER-2 INHIBITOR	DECREASE OXYGEN DEMAND AND REDUCE THE HEART'S WORKLOAD	EMPAGLIFLOZIN, DAPAGLIFLOZIN

Take Your Medication Even When You Feel Better

Taking your medication every day, as ordered by your doctor, is one of the most important steps you can take to stay in the green zone. Do not stop taking your medication when you feel better.

IT IS IMPORTANT TO REMEMBER:

The reason you feel better is because you are taking your medication!

Tips On Taking Your Medications

- ***Do not run out of your medications.***
Order your medicine when you still have a two week supply left.
- *Be patient: Some medications take effect over several weeks.*
- *Have a routine. Take your medication at the same time every day.*
- *If you have trouble ask a family member or a friend for help.*
- *Keep your medicine in a place where you can easily see them, but away from children and pets.*
- *Be sure and carry your medicine in the labeled bottles when you travel.*
- *Keep your medication list up to date.*
- *Check with your doctor or pharmacist before taking any other medications or supplements.*
- *Avoid non-steroidal anti-inflammatory medications such as ibuprofen.*

If you have questions or are having trouble paying for your medications, please contact your home health nurse, doctor, or Norman Regional Health System Case Management at **405-307-4337.**



Get Vaccinated

Preventing illness is a major key to staying healthy especially when you have heart failure. Keeping up to date with your flu and pneumonia shots can be a simple, yet crucial part of your treatment and will help to reduce your risk for those illnesses.

ASK YOUR DOCTOR WHEN AND HOW OFTEN YOU SHOULD GET A FLU SHOT AND PNEUMONIA SHOT. KEEP YOUR VACCINES UP TO DATE. ASK YOUR DOCTOR IF YOU NEED A TETANUS BOOSTER.

I Had My:

Tetanus Booster

Flu Shot

Pneumonia Shot

My fluid restriction limit is:

Some heart failure patients are told to limit fluid intake so the body does not have to store extra fluid. Ask your doctor if you need to limit your fluids.

Tips for limiting fluid:

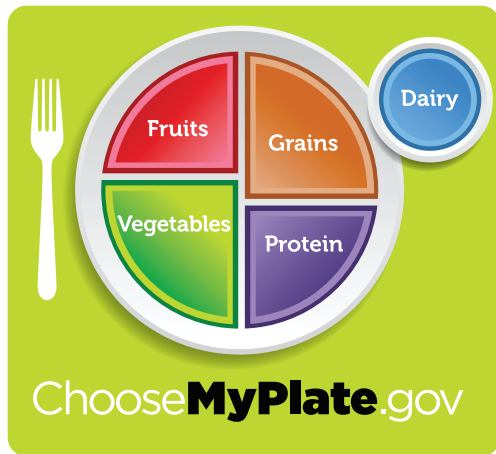
Fill a measured container with the same amount of water as your daily goal. Each time you have any kind of fluid, pour out the same amount of water from the container. This will help you know when you've reached your limit.



Food is Your Body's Fuel

Develop a food plan that uses the major energy sources: carbohydrates, protein, and fats!

Talk with a registered dietician if you need help putting a food plan together.



- **Carbohydrates** are the major source of fuel for your body. Complex carbohydrates, such as those in breads, pastas and vegetables are a good source of vitamins, minerals, and fiber.
- **Protein** is needed to maintain strong muscles and body tissues. Eat a good source of protein at least twice a day such as milk, eggs, cheese, meat, fish, chicken, turkey, nuts and dried beans or peas.
- **Healthy fats** (Monounsaturated and Polyunsaturated fats) are a rich source of energy. They are good for your heart. Examples of healthy fats include olive oil, avocados, peanut butter, nuts, flaxseed, fatty fish (salmon, tuna, mackerel, herring, trout, and sardines), soymilk, and tofu.

Tips for Healthy Nutrition

- *Healthy eating, maintaining your weight and the correct number of calories per day will give you energy for all your daily activities.*
- *Buy fresh foods.*
- *Choose foods that are easy to prepare so you will have the energy to eat.*
- *Eat more food early in the day if you get too tired to eat later in the day.*
- *Resting before and after a meal will help conserve energy.*
- *Eat smaller and more frequent (4-6) meals throughout the day. Eating smaller amounts at one time is also less work for your body helping to conserve energy.*
- *Eat slower. This will help decrease shortness of breath while eating. If you are on oxygen therapy, wear your oxygen during meals.*
- *Replace your salt shaker with a salt-free herb mix. Add pepper, ground seasonings, fresh or dried herbs, lemon and lime juices and other salt-free flavors to your meals. Ask your doctor if a salt substitute is appropriate for you.*
- *Ask your doctor if you should take a multi-vitamin and/or calcium supplement daily.*
- *If you have trouble eating enough calories each day, ask your doctor about adding a medical nutritional product like Boost® or Ensure® to add calories and nutrients.*
- *See a registered dietitian for assistance with menu planning, and diet education.*

How to Watch The Salt in Your Diet

Too much sodium or salt in your food can also make you hold extra fluid. This makes your heart work harder. Consider not adding salt to your food when cooking or at the table. Most salt comes from packaged, processed, store-bought and restaurant foods. You need to limit your sodium to 2000mg per day which is equal to 1 teaspoon.

Serving Size

The serving size is the basis for all values represented on the label. In this case, one serving size is 3 oz. If you eat more than 3 oz., you need to increase the values.

Sodium

Sodium is given in milligrams or mg. Compare this number to the goal given to you by your physician.

Percentage Daily Value

Percent daily value gives the percentage of the standard recommended amount per day.

Ingredients

Check the ingredients list for salt or high-sodium ingredients such as sodium phosphate, monosodium glutamate or MSG, baking soda, etc.

Nutrition Facts	
Serving Size 3 oz. (85g)	
Serving Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 15g	20 %
Saturated Fat 5g	28 %
Trans Fat 3g	
Cholesterol 30mg	10 %
Sodium 650mg	28 %
Total Carbohydrate 30g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 5%	• Vitamin C 2%
Calcium 15%	• Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300mg 375mg
Dietary Fiber	25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN B₂ (RIBOFLAVIN), FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, CARAMEL COLOR, SOY LECITHIN, XANTHAN GUM, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), YELLOW 6, VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE).

What do These Claims Really Mean?

- *Sodium free or salt free means less than 5 mg per serving.*
- *Very low sodium means 35 mg or less per serving.*
- *Reduced sodium or less sodium means at least 25% less sodium than the standard version of a product. But even with reduced sodium, the amount could still be too much for you. Read the label carefully.*
- *Light in sodium means 50% less sodium than the standard product, but again, this could still be too much salt for you.*
- *Unsalted or no salt added means that no salt was added during processing, but it could still contain sodium.*
- *The terms healthy and natural have no nutritional meaning and are only used for marketing purposes.*

Watch Out for Sodium

Sodium can be found in foods that you might not think of as "salty." Look out for:

- *Canned, process and convenience foods such as lunch meat, frozen meals and canned soups*
- *Flavor packets found in packaged pastas, noodles and rice dishes*
- *Mixes such as gravy, cake mix, and taco seasoning*
- *Sauces and condiments like soy sauce, BBQ sauce, salad dressing and relish*
- *Pickles or fermented foods like kimchi or sauerkraut*

Cook Without Sodium

To adjust to a lower salt diet, make your meals with less salt.

- *Take the saltshaker off the table or stove.*
- *Season with free herbs, garlic, onion lemon or pepper.*
- *Don't salt your cooking water, use a splash of olive oil instead.*
- *Eat fresh or frozen vegetables with no salt.*
- *If eating high-sodium condiments, dip your fork into the condiment instead of pouring it on the food.*
- *Avoid salt substitutes containing potassium as these can cause issues with some heart medications and could damage the heart muscle.*
- *If you have questions about a salt-substitute or seasoning mix, our team is here to help. Please ask us to make sure it is safe for you.*

You Can Exercise with Heart Failure

Ask your doctor if cardiac rehabilitation would be right for you.

Along with Prescribed Medication, Exercise Will:

- Strengthen your heart – and give you more energy.
- Help you sleep better at night.
- Maintain and/or improve your balance and help prevent falls.
- Help you lose weight.
- Relieve stress and help you feel more positive and confident.
- Improve circulation.
- Aide in your recovery.

These Types of Activities Are Best for Your Heart:

- Walking
- Riding a bicycle (stationary or regular)
- Swimming
- Water exercise or walking in a pool

Choose activities that are continuous and have a smooth flow.

Plan to do different things in different settings so you have fun and stay interested.

Your Energy is Your Greatest Resource. Learn To Pace Yourself.

Pacing Yourself Conserves Energy Throughout The Day. Try These Tips:

- *Allow plenty of time for your daily activities. Plan rest periods.*
- *Alternate activities that require more energy with activities that take less energy.*
- *Divide one big job into two or three smaller ones.*
- *Create new habits. Sit when performing as many tasks as possible to conserve energy such as dressing/undressing, bathing, shaving, applying makeup, cooking, etc.*
- *Invest in a shower chair and spray nozzle for bathing.*
- *Arrange your house so that the items you need are at waist level and within easy reach.*
- *Avoid lifting and bending when possible.*
- *Use assistive devices, such as a long-handled grabber for reaching things in high places or assisting with putting on socks and shoes.*
- *Use deep breathing techniques while you exercise or perform daily activities. **See page 24.***

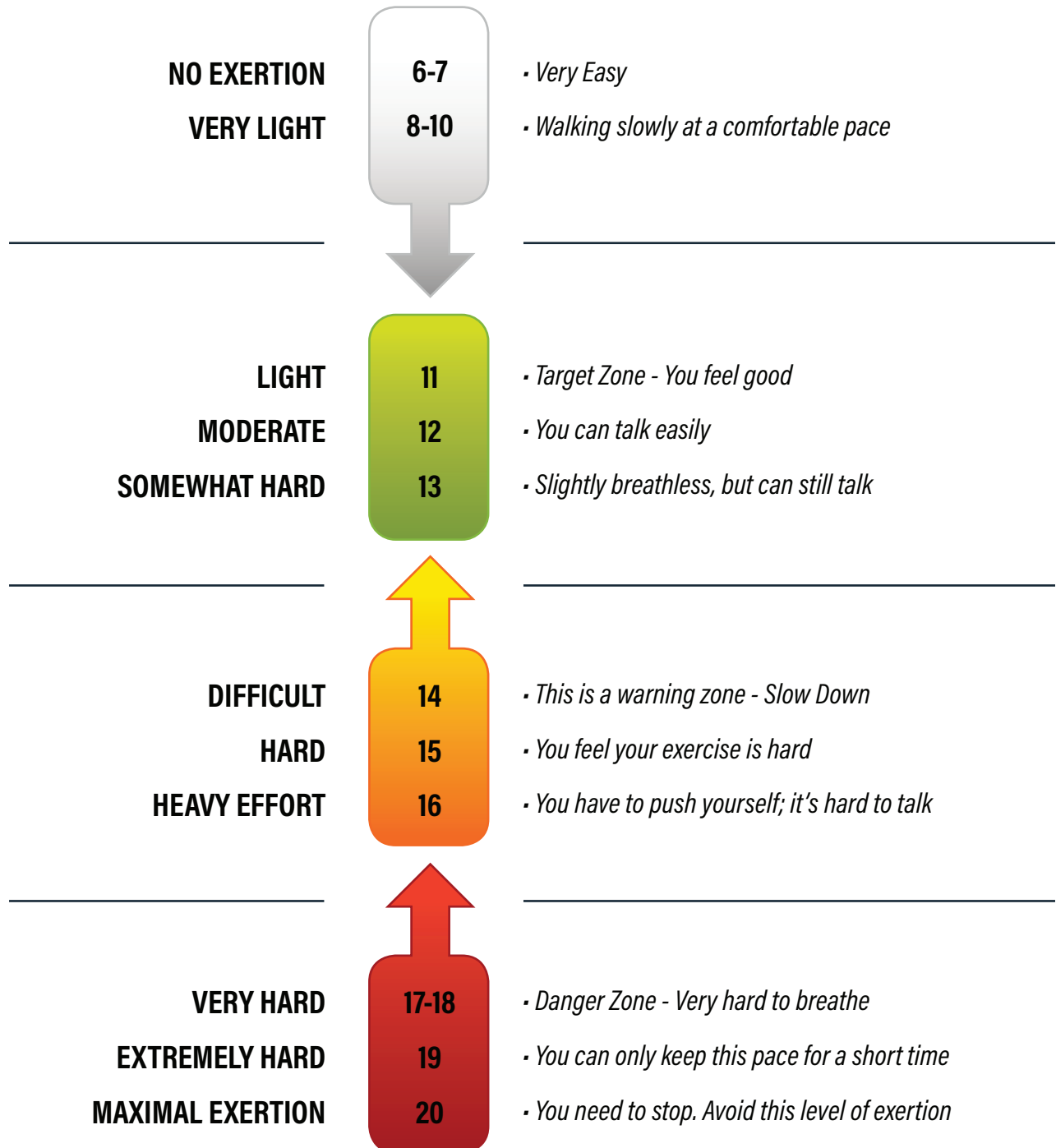
Rate Your Exercise Difficulty Using This Exertion Scale

11 to 13 is your GOAL or Target Zone.

How hard is an activity for you based on the scale?

My Exercise Exertion Level Has Been:

If you start having trouble breathing or feel worn out, you have done too much. Stop, rest, and make sure to do less the next time.



Begin With Where You Are

Just Begin!

If you feel weak ease into your walking program
Try slow walking with a rest period

Ask your doctor if this exercise program will work for you!



Start Here

WEEK	SLOW WALKING	REST	SLOW WALKING	REST	SLOW WALKING	TOTAL WALK TIME
1	2 MIN	2 MIN	2 MIN	2 MIN	2 MIN	6 MIN
2	4 MIN	2 MIN	4 MIN	2 MIN	4 MIN	12 MIN
3	6 MIN	2 MIN	6 MIN	2 MIN	6 MIN	18 MIN
4	8 MIN	2 MIN	8 MIN	2 MIN	8 MIN	24 MIN

Build Up To 30 Minutes of Brisk Walking Five Days a Week

When you are stronger try the schedule below:

WEEK	WARM UP TIME	FAST WALK TIME	COOL DOWN TIME	TOTAL TIME
1	Walk Slow 5 Min.	Walk Brisk 5 Min.	Walk Slow 5 Min.	15 MIN.
2	Walk Slow 5 Min.	Walk Brisk 8 Min.	Walk Slow 5 Min.	18 MIN.
3	Walk Slow 5 Min.	Walk Brisk 11 Min.	Walk Slow 5 Min.	21 MIN.
4	Walk Slow 5 Min.	Walk Brisk 14 Min.	Walk Slow 5 Min.	24 MIN.
5	Walk Slow 5 Min.	Walk Brisk 17 Min.	Walk Slow 5 Min.	27 MIN.
6	Walk Slow 5 Min.	Walk Brisk 20 Min.	Walk Slow 5 Min.	30 MIN.

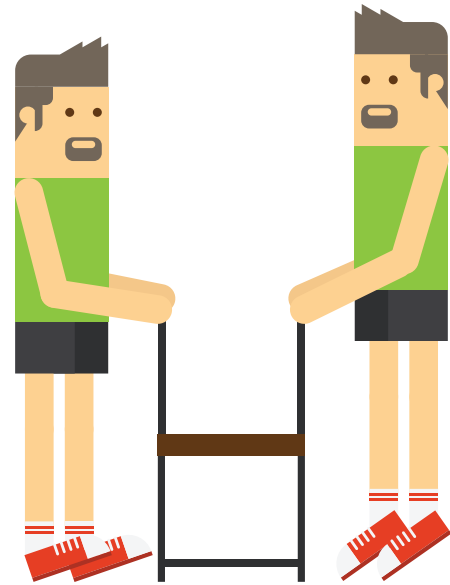
Lower Extremity Strengthening Exercises



Marches

While holding onto a sturdy chair or countertop, slowly raise one knee up towards your chest and then bring your foot back down to the floor. Repeat with your other leg.

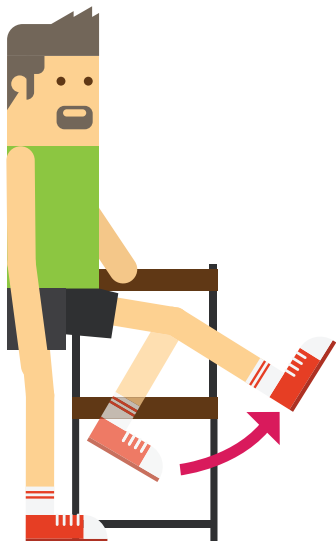
Can be done seated.



Toe And Heel Raises

While holding onto a sturdy chair or countertop, slowly raise your toes up, rocking back on your heels. Lower your toes until feet are flat again. Raise your heel up by pushing up on your toes. Lower your heels until feet are flat again.

Can be done seated.



Knee Kicks

While holding onto a sturdy chair or countertop, slowly raise one knee up. With knee up, slowly kick your foot forward and then bring your foot back down to the floor. Repeat with your other leg.

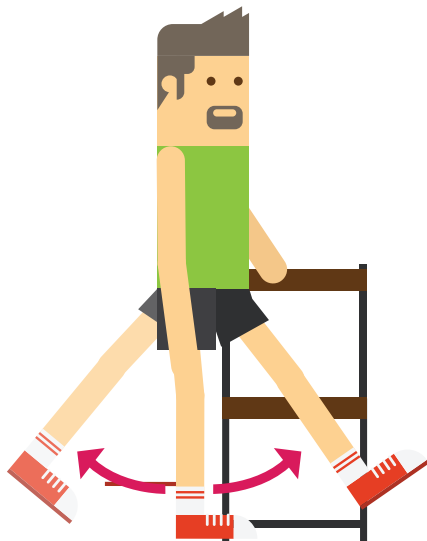
Can be done seated.



Side Kicks

While holding onto a sturdy chair or countertop, slowly raise one leg out to the side and then bring back in. Keep knee straight. Repeat with other leg.

Can be done lying on back.



Front & Back Kicks

While holding onto a sturdy chair or countertop, slowly raise one leg in front of you with your knee straight. Then slowly kick your leg behind you. Keep your knee as straight as you can. Bring your leg back down. Bring your foot back down. Repeat with other leg.

Forward kicks can be done lying on your back.

Managing Stress and Anxiety

Having heart failure can be stressful and make you feel anxious. Starting new medicines and watching your diet can make you feel stressed. It is important to learn to handle stress in a positive way. Everyone is different when it comes to relaxing so find out what works best for you!

Below are some suggestions:

- Take time to relax
- Find a quiet place away from the phone, TV, computer
- Learn and practice relaxation breathing, including Pursed-Lip Breathing
- Meditate/Pray
- Listen to relaxing music
- Talk about your feelings and concerns
- Attend a support group
- Know your limits and pace yourself throughout the day
- Exercise or take a walk to relieve stress
- Use your deep breathing techniques
- Spend time with people you love and add some fun into your life on a regular basis
- Talk to your home health nurse and/or doctor if you feel anxious, moody and/or depressed on a regular basis

What Helps You to Relax?



Using Breathing Techniques Will Help You

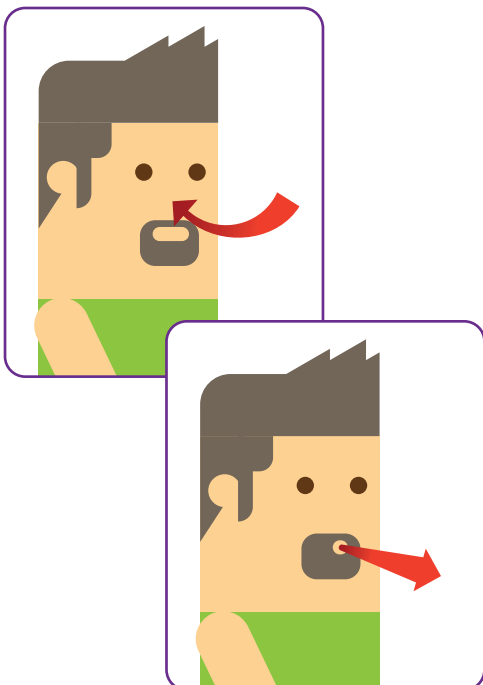
Pursed-Lip Breathing:

Pursed-lip breathing allows you to breathe in and out more effectively so you can be more physically active. It is useful for whenever you start to feel short of breath, such as when you:

- Exercise
- Bend or lift items
- Climb stairs
- Feel anxious

Here's an example how pursed-lip breathing works:

1. Inhale through your nose, keeping your mouth closed.
Try to inhale over 2 seconds
2. Exhale slowly through pursed lips, as if you are blowing out a candle.
3. Try to exhale over 4-6 seconds
 - Do not force the air out
 - Always breathe out for longer than you breathe in.
 - Breathe slowly, easily, and relaxed

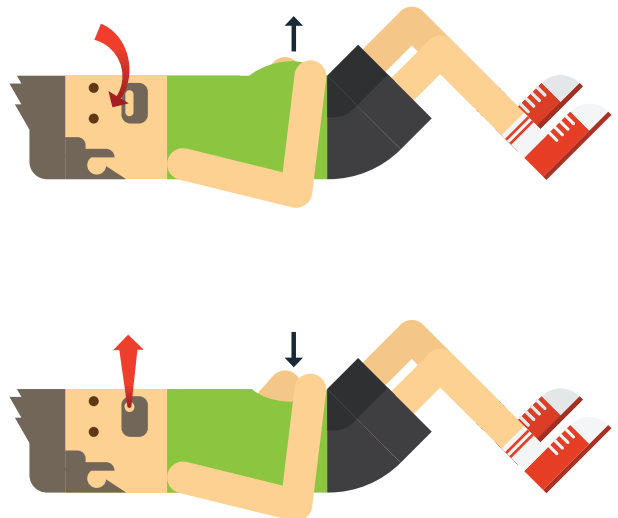


Diaphragmatic Breathing:

Diaphragmatic breathing helps the lungs expand more fully and allows you to take a deeper breath and take in more oxygen.

Here's an example how diaphragmatic breathing works:

1. Relax your upper body, especially your shoulders, and put one hand on your abdomen.
2. Breathe in through your nose and make your abdomen push out.
3. Then push your abdominal muscles in and breathe out using the pursed-lip breathing technique shown to the left. See if your abdomen goes back down.
4. Repeat this exercise three times and rest for two minutes in between repetitions. It is best to do this exercise several times a day.



Healthy Living With Heart Failure

The more informed you are about heart failure the better you will be about taking care of yourself and living your life to the fullest!

1. Monitor your "HEART FAILURE ZONE" every day. Weigh and watch for flare-ups. Report any changes to your doctor and/or home health nurse right away for evaluation and changes to your medication or treatment plan.
2. Take your medicines EVERY DAY as directed by your doctor. Never stop taking your medication without first being told to do so by your doctor. Contact your home health nurse or doctor if you need help paying for your medications or have questions about your medications.
3. If you use tobacco products quit.
4. As a general rule you should not drink alcohol as it can damage heart cells and cause further heart weakness. Ask your doctor what is right for you.
5. Eat a healthy diet and limit your sodium. Choose a wide variety of foods.
6. Keep active. Begin your walking program today.
7. Protect yourself from infections:
 - Keep up to date with your flu and pneumonia vaccines (shots).
 - Avoid crowds during cold/flu season.
 - Avoid people who are sick.
 - Wash your hands frequently.
8. Drink water when you are thirsty. Limit your total fluids according to your doctor's recommendations.
9. Educate yourself about heart failure:
 - Learn everything you can about heart failure and take an active part in your health.
 - Learn everything you can about your medications and take them as directed.
 - Learn ways to avoid things that make your heart failure worse.
 - Learn breathing techniques to help you breathe easier and conserve energy.
 - Learn what exercises are best for you.

GOAL ZONE

ALL CLEAR - THIS IS YOUR GOAL ZONE!
YOUR SYMPTOMS ARE UNDER CONTROL.

WARNING

CALL YOUR DOCTOR IF YOU ARE EXPERIENCING
ONE OR MORE OF THESE SYMPTOMS

EMERGENCY

GO TO THE EMERGENCY ROOM OR CALL 911

Heart Failure Office Visit Checklist

Complete this form and take to your follow up appointment.

Prepare for your medical appointments (Doctor, home health, therapy)
by completing the following checklist:

1. Since my last hospital discharge/last medical appointment:

I have more energy I have less energy My energy level is the same

2. It is harder to do the following activities because of my breathing or fatigue:

3. My breathing has been worse than usual Yes No

4. I am coughing more than usual Yes No

5. I have gained 5 pounds in one week Yes No

6. My feet, ankles or stomach have been swelling Yes No

7. I have had tightness in my chest Yes No

8. My symptoms have affected my sleep Yes No

9. I have been to the emergency department
or urgent care for my symptoms since my
hospital discharge/last office visit Yes No

10. I have felt my heart race or have felt faint Yes No

11. I have been weighing myself daily Yes No

12. I have been taking my medications daily Yes No

My Questions Are:





**HEART FAILURE:
PATIENT TEACHBACK FORM**



Heart Failure: Patient Teachback Form

For Successful Discharge (Page 1 of 3)

I was in the hospital because:

If I have the following problems...

I should... *(fill in what you should do)*

1. Weight gain of 3 pounds in 1 day or 5 pounds in 1 week.

2. Swelling in my feet, ankles, hands or stomach

3. Lack of energy feeling more tired

4. Feeling my heart race or feeling like I am going to faint

5. Difficulty sleeping flat or performing normal daily tasks

6. Dry hacking cough or feeling chest pain

Important Contact Information:

My Primary Doctor is: _____ Phone Number: _____

My Hospital Contact is: _____ Phone Number: _____

My Heart Doctor (Cardiologist) is: _____ Phone Number: _____

My Pharmacy is: _____ Phone Number: _____

I have the following home service: N/A Home Health Hospice Private Duty

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Heart Failure: Patient Teachback Form For Successful Discharge (Page 2 of 3)

My Appointments:

1. _____ on ____ / ____ / ____ at ____ : ____ am/pm
 2. _____ on ____ / ____ / ____ at ____ : ____ am/pm
 3. _____ on ____ / ____ / ____ at ____ : ____ am/pm
-

Tests and issues I need to talk with my doctor(s) about at my clinic visit:

1. _____

 2. _____

 3. _____

 4. _____

-

My Heart Failure Care Plan:

Lifestyle Changes:

After leaving the hospital, I will make the following changes because of: _____

Personal Goal: _____

Activity: _____, because _____

Diet: _____, because _____

Smoking:

Non-Smoker *Date last smoked:* _____ Smoker *Plan for quitting:* _____



Heart Failure: Patient Teachback Form For Successful Discharge (Page 3 of 3)

Medications:

When I leave the hospital and go home, I will be taking the medications on my Prescription Form.

Please initial the following statements that apply to you.

_____ I understand which medicines I took before I came to the hospital, but will now STOP.

_____ I understand which medicines I will continue taking and the new medicines I will now add.

_____ I understand why and when I need to take each medicine.

_____ I understand which side effects to watch for.

_____ I have a bathroom scale or will make plans to get one.

**Please bring all of your medicines to
your follow up appointments.**

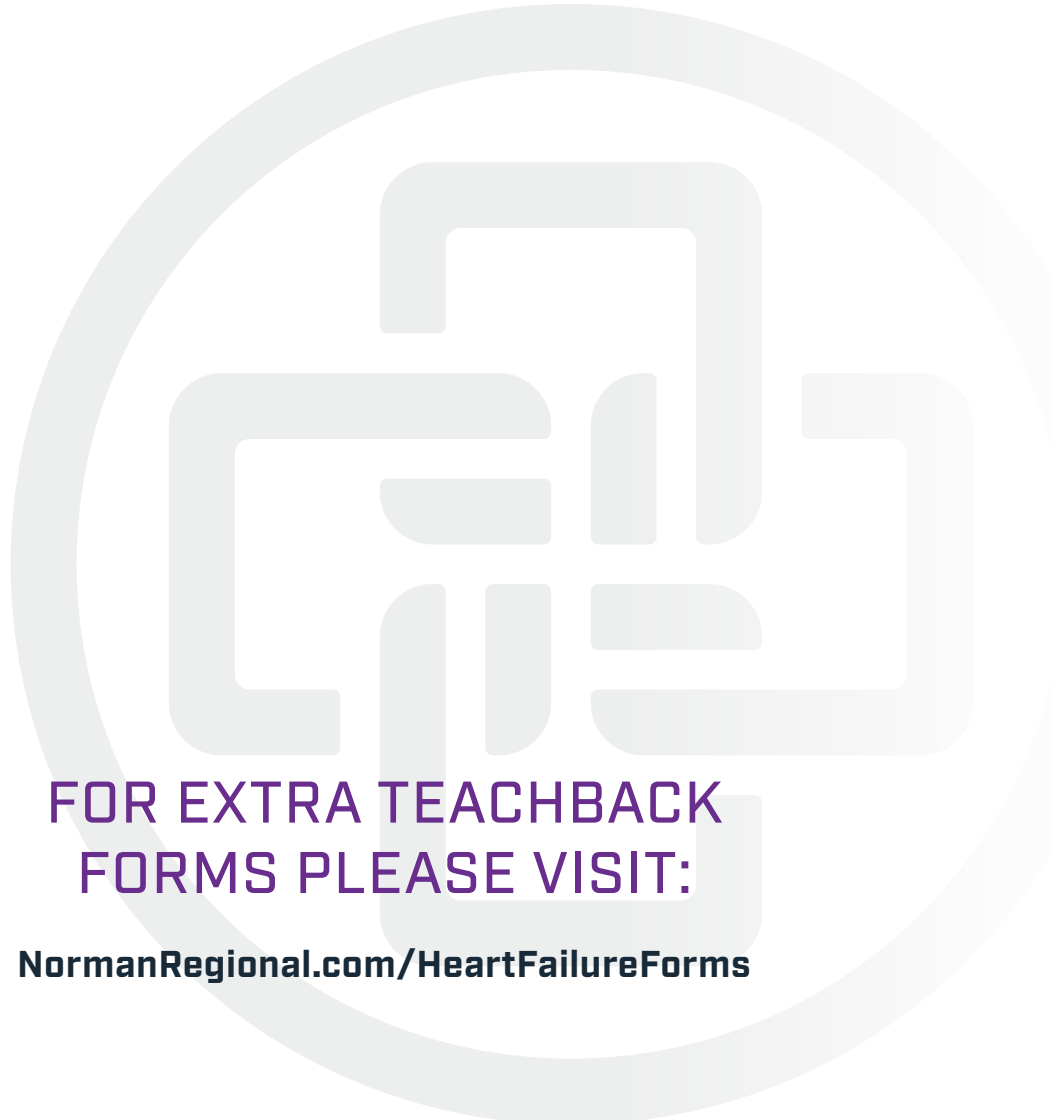
**I understand my treatment plan. I feel able and
willing to actively participate in my own care:**

Patient/Caregiver Signature

Relationship to Patient _____

Provider Signature and Title

Date



FOR EXTRA TEACHBACK
FORMS PLEASE VISIT:

NormanRegional.com/HeartFailureForms

Helpful Resources

Today, when a patient goes to the hospital for heart failure the focus is on stabilizing the heart and lungs. This is done through identifying (diagnosing) the cause of the current problem, starting medications and giving supportive care (oxygen, inhalers etc). Sometimes you may be ready to leave the hospital but are not strong enough yet to return home. In these situations the doctor will suggest that you continue the treatment plan at a Long-Term Acute Care Hospital (LTACH) or a Skilled Nursing Facility (SNF). Going to one of these facilities depends

on the type of medical treatment you need and your insurance benefits. Our Case Management Department will help you navigate your way through this aspect of your care.

Please ask your Case Manager if you qualify for any of these services.

Below is a brief description of each type of service and why it would be suggested to you:

Long-term Acute Care Hospitals (LTACH)

Long-term Acute Care Hospitals are specialty care hospitals designed for patients with serious medical problems, including respiratory problems that require intense, special treatment for an extended period of time—usually 20 – 30 days. Patients are usually transferred directly from an intensive care unit of a hospital, but are

expected to improve with time and then discharge home. LTACHS provide 24 hour skilled nursing services, physical therapy, occupational therapy, speech therapy, dietary counseling and discharge planning for appropriate community services.

Skilled Nursing Facilities (SNF)

Skilled Nursing Facilities provide 24 hour nursing care, physical therapy, occupational therapy and speech therapy, for up to 100 days per year. The focus of care is to improve both respiratory and physical functioning. You will receive professional support to help you get better and stronger

so that you can return home. While in the facility you will be seen at least 1 time every week by a physician or nurse practitioner. They will monitor your progress and treatment plan. If you have a change in your condition or need changes to your medications they will take care of you.

Home Health Care

Home Health Care provides part-time, temporary nursing and therapy services to you in your home. The goal of home health care is to help you regain your independence and become self-sufficient in managing your heart failure. Your primary physician will oversee your treatment plan.

This service is covered by Medicare; if you have other insurance coverage, the home healthcare company will check with your carrier to see what your benefits are and will discuss any out of pocket costs that you may be responsible for before starting you on service.

Helpful Resources Continued

Hospice

Hospice can be an invaluable resource for patients and their families. It is a team-oriented approach that neither prolongs life nor hastens death. It addresses the physical, emotional, social and spiritual impact of the disease and the dying process. The goal of hospice is to focus on the quality of life by providing comfort, pain management

and symptom control rather than attempting to cure the disease. The program will be tailored to the individual needs of the patient and family. The patient's primary physician will oversee their care in this program. Hospice is covered by Medicare and most insurance plans.

Private Duty Services

Private Duty Services are non-medical and medical services provided in a personal residence or a medical facility for an individual or a family who needs additional assistance with daily living needs such as bathing, grooming, housekeeping, companionship, meal preparation, errands, transportation, pet care, medication management, sitter service in a facility. The services are

tailored to meet the individual's specific needs including how often the service is provided which can be anything from a one-time visit to 24-hour live in care. Private duty services are paid for by the individual or their family, long-term care insurance, VA benefits for qualified Veterans, Oasis Respite Care vouchers. Specific services offered and prices vary from agency to agency.

Durable Medical Equipment (DME)

Durable Medical Equipment is any medical equipment that aids a patient in their home that is ordered by their doctor because of certain medical conditions and/or illness. DME includes but is not limited to wheelchairs (manual and electric), hospital beds, pressure mattresses, lifts, commode chairs, canes, walkers, blood sugar (glucose)

monitors, ventilators, home oxygen therapy/supplies/equipment, nebulizers and certain nebulizer medications. Medicare part B and most insurance companies will pay up to 80% of the approved cost. Some equipment may be rented, some may be purchased.

Independent Senior Living Communities

Independent Senior Living Communities are designed for adults age 55 and older who are interested in remaining in an independent residence, but also desire supportive services such as meals, transportation, housekeeping and home maintenance, life enrichment activities,

socialization with peers and a variety of concierge services. Housing options and services vary from community to community but may include free-standing cottages to apartment-style living.

Helpful Resources Continued

Assisted Living Facilities

Assisted Living Facilities allow senior adults to remain as independent as possible in a home-like or apartment style setting. In this type of facility residents receive assistance with activities of daily living and support 24 hours a day by trained caregivers. Residents receive assistance with

personal care, medication management, nutritious meals, housekeeping, transportation, socialization, life enrichment activities and care coordination with healthcare providers.

Nursing Homes

Nursing Homes are a place of residence for people who are no longer able to care for themselves in a private residence. Nursing homes are staffed with licensed caregivers 24 hours a day. They provide custodial care (bathing, dressing, toileting, feeding). All of the resident's

medical and physical needs are taken care of by the facility including medication management, wound care, therapy, nutritious meals, life enrichment activities and socialization.

Cardiac Rehab

Cardiac Rehab is a professionally supervised program of exercise and education to help people recover from heart attacks, heart-related procedures and heart surgery. These programs provide services to help heart patients reduce cardiac symptoms, improve health and reduce the risk of future heart problems. If you have experienced one or more of the following events, you may qualify:

- ❑ Current stable angina pectoris (chest pain)
- ❑ Acute myocardial infarction (MI)
- ❑ Percutaneous transluminal coronary angioplasty (PTCA)
- ❑ Coronary stent placement
- ❑ Coronary Artery Bypass Graft (CABG)
- ❑ Heart valve repair/replacement
- ❑ Heart or Heart/Lung transplant
- ❑ Chronic Heart Failure (CHF)

Ask your physician if you qualify.

Community Resources

2-1-1-Oklahoma

If you need help paying bills, finding housing or food, or getting medical or mental health treatment.

Phone: 211 • Web: www.211oklahoma.org

My Ride Oklahoma

Website dedicated to available transportation by county
www.ok.gov/unitedweride/

Areawide Aging Agency

Includes information on nutritional meal sites, mobile meals, transportation, financial assistance

Phone: 405-942-8500 • Web: www.areawideaging.org

Aging Services, Inc. of Cleveland County

Meal Sites, Mobile Meals and Housekeeping services,
Kiwanis Kruiser Transportation
1179 East Main Street, Norman, OK 73071

Phone: 405-321-3200 • www.areawideaging.org

Meals On Wheels of Norman

P.O. Box 1371, Norman, OK 73070

Phone: 405-321-7272 • Fax: 405-321-8413

Email: info@mealsonwheelsnorman.com

www.mealsonwheelsnorman.com

Paul's Valley Delta Community Action Foundation

Serves Garvin, McClain and Stephens Counties

Phone: 405-238-3838 • www.deltacommunityaction.org

United Way of Central Oklahoma Agency Directory

www.unitedwayokc.org/partner-agencies/agency-directory

United Way of Norman Resource Directory

www.unitedwaynorman.org/sites/unitedwaynorman.org/files/Seniors%20Resource%20Guide.pdf

Transportation

Cleveland Area Rapid Transit (CART)

Transportation Operations Center
510 E Chesapeake, Norman, OK 73019

Phone Main Number: 405-325-2278

Route & Schedule Information

Phone Other: 405-325-5438 • v/tdd--Elderly & Disabled;

Must be Approved cartaccess@ou.edu

FAX: 405-325-7490

www.ridecart.com

Elaine's Transportation • Statewide

Phone: 405-670-1700

Med Ride Home • Statewide

Phone: 405-685-8267

Med Van • Statewide

Phone: 405-681-1923

Metro Lift • OKC

Phone: 405-297-3808

Metro Transit

Phone: 405-235-7433

Sooner Ride • Non-Emergency Medicaid

Phone: 877-404-4500

Prescription Assistance

www.needymeds.com

A Special Message for Smokers:

Tobacco and You: The Path to a Healthy Recovery

Do you feel nagged to quit smoking? Is everyone too concerned about a simple “habit”? Maybe you agree quitting is a good idea, but still enjoy smoking too much to quit?



Please take a few minutes to think about your tobacco use. Be open to the idea of avoiding tobacco, even if it is one day at a time. If you haven't been able to quit in the past there are tools to help you be successful.

Focus On 3 Simple Goals:

1. Take time to think and talk about your tobacco use
2. Discover why you depend on tobacco
3. Believe you can stop using tobacco

Why is it so hard to quit?

One reason is that tobacco is addictive, not just a “habit”. Many people are surprised to learn tobacco is more addictive than heroin or cocaine.

What helps people avoid tobacco use?

Ask yourself these questions:

1. Do I smoke within 30 minutes of getting up in the morning?
2. Do I live with a smoker?
3. Am I ready to quit smoking within the next two weeks? Today?



Smoking within 30 minutes of getting up suggests a strong physical addiction to tobacco.

This means using medications can help you be successful at quitting. It is okay to use medication to help you move through the cravings and irritability you will experience when you choose to stop using tobacco.

Living with a person who smokes is a challenge. Tobacco dependency never completely goes away. Whenever you see someone with cigarettes there is an extra temptation to smoke. You don't hurt anyone by asking the person to smoke outside or even quit with you.

Feel great about knowing how to take care of yourself! If you live with another person who smokes, talk with them about your new feelings about tobacco use.

Now is the time to determine the steps you will take to avoid tobacco use when you leave the hospital. Ask your doctor or

nurse about a nicotine patch. The patch is a safe way to help your brain recover from tobacco use.

Four out of ten tobacco users will die from heart disease. **For those who avoid tobacco the risk of heart disease is cut in half within a year of stopping tobacco use.**

Even if you haven't been successful in the past, you can learn to avoid tobacco.

Here is a helpline number you can call, **1-800-QUIT NOW**. Get your own coach to help you quit.

QuitSmart is another great program used for families to quit together, or individuals to quit. Call 307-3175 to get more information about QuitSmart.

If you've been an inpatient at NRHS, the program is **FREE**.

You can do this!

Notes



Where Can I Learn More About Heart Failure?

American Association of Cardiovascular and Pulmonary Rehabilitation

www.aacvpr.org

American Association of Heart Failure Nurses

1120 Rt. 73, Suite 200, Mount Laurel, NJ 08054

Phone: 888.45.AAHFN

Fax: 856.439.0525

www.aahfn.org

American Heart Association

1-800-242-8721

www.riseaboveHF.org



Use your phone's camera to scan the QR code to view the American Heart Association's interactive workbook.

Centers for Disease Control and Prevention

Growing Stronger - Strength Training for Older Adults

www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf

ChooseMyPlate.gov

Dietary Information

Heart Failure Society of America

www.hfsa.org/patient



Use your phone's camera to scan the QR code to download the iPhone American Heart Association's HF Helper app.



Use your phone's camera to scan the QR code to download the Android American Heart Association's HF Helper app.

This app allows patients to track daily symptoms, vitals, mood, energy level and more.