

# **Self-Care for Heart Failure**

### Self-care steps

Heart failure is a serious condition. However, you can follow these self-care tips to help manage it:

- Record your weight, blood pressure, and pulse on your daily log.
- Eat less sodium (salt). Check food labels for salt content. Aim for less than 2,000 mg total per day, or no more than 500 mg total per meal, which leaves 500 mg for snacks and drinks each day.
- Take all your medications as prescribed.
- Monitor heart failure symptoms each day.
- Balance physical activity with rest.
- Don't smoke and avoid alcohol.

#### When to call us

Call 911 or go to the nearest hospital if you have these emergency symptoms of heart failure:

- Severe shortness of breath.
- Coughing up pink, frothy sputum.
- Chest discomfort, pain, or pressure not relieved by rest or by taking nitroglycerin, if it's prescribed for you.

Contact your heart failure care team right away if the following symptoms get worse or if they're new for you:



Sudden weight gain of 2 or more pounds (lbs) in Sudden weight gam of 2 1 day or 5 or more pounds in 5 days.



Change in blood pressure, especially if the systolic pressure (top number) is less than 90.



New or increased irregularities in your heart rate (greater than 110 beats per minute).



Shortness of breath (at rest or with activity).



Increased swelling of your feet, legs, or abdominal area.



Increased trouble sleeping. You can't breathe well if you lie down flat, or you wake up because you're panting or breathing rapidly.



New or worsening dizziness and/or lightheadedness, fainting, or loss of consciousness.



A dry, hacking cough that doesn't go away.



Any problem with your medications.

#### How to use your daily log

- Use the daily heart failure log on the back side of this page to record health information each day.
- Take your medications and check your symptoms each day to see if they change.
- Contact your heart failure care team if your symptoms worsen or you have any questions or concerns.
- Bring copies of your daily log to your appointments or take a photo of it and send to your care team in an email on **kp.org**. Save a copy of the blank log to record information for additional weeks.

#### How to weigh yourself

- 1. Weigh yourself every morning after you've emptied your bladder, but before you've eaten breakfast.
- 2. Weigh yourself with either the same amount of clothing on, or without clothing.
- 3. Use the same scale each time. Make sure it's on a solid surface.
- **4.** Set the scale to zero.
- **5.** Record your weight in pounds (lbs).

#### We're here to help

Find more information, including videos on heart failure, at kpdoc.org/ heartfailure.





## My Daily Log: Self-Care for Heart Failure



Every day, check yourself to see if your heart failure symptoms (weight, blood pressure, heart rate) have changed. Record them on this daily log. Contact your heart failure health care team if you have any questions or concerns. Make a copy of this blank form for future entries.

Name:	
MRN:	

Review these 3 symptoms daily. Mark yes or no. If yes, your symptoms may be worsening. Contact your heart failure care team right away.

Date	Daily weight (lbs)	Blood pressure	Heart rate (beats/ minute)	Daily activity	medica	Daily nedication taken?		Weight gained?		Shortness of breath?		Swelling in ankles or legs?	
Example	156	130/80	82	Walked 30 minutes	<b>⊙</b> Yes (	No	O Yes O No		●Yes(	es ONo OYes ON		<b>)</b> No	
					Yes	No	Yes	No	Yes	No	Yes	No	
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					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	
					Yes	No	Yes	No	Yes	No	Yes	No	

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

