



My Heart Failure

Handbook

Name: _____

Primary Care Provider: _____

Cardiologist: _____

Nurse Care Manager _____

Pharmacist: _____

Behavioral Health Specialist: _____



**COASTAL
MEDICAL**

Living with Heart Failure

Care Team & Coastal365

Your Coastal Medical Care Team includes your:

- ❖ Primary Care Provider
- ❖ Cardiologist
- ❖ Nurse Care Manager
- ❖ Pharmacist
- ❖ Behavioral Health Specialist



Coastal365

After office hours, **call (800) 822-5981** to schedule an adult sick visit appointment with a Coastal provider 365 days a year - including evenings, weekends and holidays.

If Coastal365 is closed:

- Call your primary care physician or Coastal cardiologist's office.
- The answering service will take your call, page the on-call physician and the physician will return your call.
- Speak with the physician about your symptoms.
- The physician will determine if you need to be seen immediately, or schedule an appointment at your primary practice if available or at the sick clinic.

In an actual emergency, always call 911 or go to the nearest emergency room.

What is Heart Failure?



- ❖ Heart Failure is a serious, chronic condition – not a one-time event.
- ❖ Nearly 6 million Americans are living with Heart Failure today.
- ❖ Heart Failure is one of the most common reasons people 65 or older go to the hospital.
- ❖ Heart Failure does NOT mean your heart has failed or is about to stop.
- ❖ If you have Heart Failure, it means your heart is weakened and is not pumping as well as it should.
- ❖ Your body depends on your heart's ability to pump blood that is rich with oxygen and nutrients to all of your organs in order for them to work properly.
- ❖ Organs that don't work right can cause fluid build-up in your body and can lead to swelling in your feet, ankles or abdomen. Heart Failure can also cause shortness of breath, fatigue, and loss of appetite.
- ❖ Everyday activities like walking, climbing stairs, household chores or carrying groceries can become difficult.

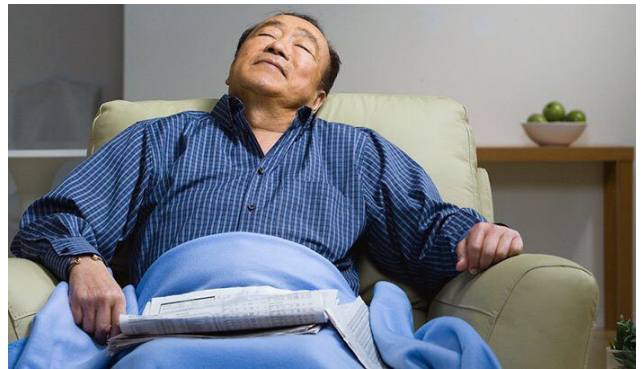
Know The Signs

1. *Shortness of Breath*
2. *Rapid Weight Gain*
3. *Swelling*
4. *Fatigue*
5. *Lack of Appetite*



1. Shortness of Breath

- ❖ Symptom: New or worsening shortness of breath.
- ❖ You may notice you are having trouble catching your breath during common activities like walking or climbing stairs.
- ❖ You may have a new cough.
- ❖ You may notice that you need to use more pillows to breathe comfortably while you sleep.
- ❖ You may wake up in the night with trouble breathing.
- ❖ You may be sleeping in a recliner because of your breathing.
- ❖ These are all signs that fluid could be building up in your body, and may be backing up in your lungs making it hard for you to breathe.
- ❖ This a warning sign and will not get better on its own. These symptoms will get worse if they are not treated.



2. Rapid Weight Gain

- ❖ It is normal for your weight to change one to two pounds in a day.
- ❖ People with heart failure can gain weight rapidly, such as **three or more pounds in a day and five or more pounds in a week.**
- ❖ This may be a warning sign that your body is retaining fluid.
- ❖ Weight gain from water can start up to **two weeks before** you have any symptoms! for you to breathe.



3. Swelling

- ❖ You may notice new or worse swelling in your feet, ankles and/or abdomen.
- ❖ This is a warning sign that your body is retaining excess fluid.



4. Fatigue

- ❖ You may have little to no energy and feel tired or easily fatigued.
- ❖ Everyday activities may be difficult to perform.

5. Lack of Appetite or Nausea



- ❖ You may have no appetite or you may even feel nauseous.
- ❖ This can be a warning sign of heart failure. Your stomach and intestines may not be receiving enough blood which can cause problems with digestion.

Managing Heart Failure

Develop a Heart Failure Healthy Lifestyle Plan

Don't forget to...

- ✓ Check Your Weight
- ✓ Monitor Your Breathing
- ✓ Monitor Your Swelling
- ✓ Know the Heart Failure Zones
- ✓ Follow Your Heart Failure Action Plan
- ✓ Take Your Medications
- ✓ Limit Sodium
- ✓ Keep Moving
- ✓ Manage Stress
- ✓ Quit Smoking
- ✓ Plan Ahead



✓ Check Your Weight

- ❖ Weigh yourself every day – first thing in the morning after urinating.
 - Use a log to record and track your weight and symptoms.
 - *There are weight logs on pages 24 & 25 for you to use*
- ❖ It is normal for your weight to change one or two pounds in a day.
- ❖ Let your provider know if your weight changes by three pounds in one day **or** five pounds in one week.



✓ Monitor Your Breathing

- ❖ Watch for new or worsening shortness of breath, especially during activities or when sleeping.

✓ Monitor Your Swelling

- ❖ Watch for new or worsening swelling in your feet, ankles or abdomen.

Know the Heart Failure Zones

The Heart Failure Action Plan is a tool to help you stay on track by managing your heart failure and gauging your symptoms.

The HF Action Plan is arranged into three colored zones:



❖ **Green Zone** - *I'm feeling well!*

- My breathing is usual for me
- My weight is stable (within one to two pounds a day)
- Usual amount of swelling in my feet, ankles or abdomen.

Keep up the good work



❖ **Yellow Zone** - *Caution!*

- I'm having new or worsening shortness of breath. I may be using more pillows at night or may be sleeping in a recliner.
- My weight has gone up by three pounds or more in a day or five pounds or more in a week.
- I have new/worse swelling in my feet/ankles or abdomen.
- I may be tired, fatigued and have little or no energy.
- I may have no appetite.

Call your provider right away to report your symptoms



❖ **Red Zone** - *Danger!*

- I am struggling to breathe even at rest.
- I am very fatigued and may be confused.
- I may have chest pain.

Call 911. Go to the hospital. This is an emergency!

Follow Your Action Plan

- ❖ Heart Failure Action Plan is meant to help you better understand your condition. The action plan helps you to:
 - o Know which Heart Failure zone you are currently in
 - o Take action based on how you are feeling

There is a Heart Failure Action Plan on page 23 for you to use.

My Heart Failure Action Plan COASTAL MEDICAL

Name: _____ Date: ____/____/____

Green Zone: ALL CLEAR - I'm feeling well today -- Keep up the good work!

- My weight is stable -- may change 1 pound or 2 pounds per day
- My breathing is normal for me
- No (or usual) swelling in my feet, ankles or abdomen
- I have my usual amount of energy
- I sleep well at night with usual number of pillows.

I WILL:

- Keep up the good work!
- Continue to take all my medications.
- Weigh myself every day.
- Eat a low salt diet.
- Get my flu and pneumonia vaccines.

Yellow Zone: CAUTION - I'm having some trouble -- I need some help!

- My weight is up by 3 pounds or more in 1 day, or 5 pounds or more in 2 week.
- I am having a harder time breathing and may develop a cough.
- I have new or more swelling in my feet ankles or abdomen.
- I am feeling tired and have less energy
- I am using more pillows at night to sleep or am sleeping sitting up.

I WILL:

- Continue to take all my medications.
- Call my provider to report new symptoms. A change in medication may be needed.

Red Zone: DANGER - I need urgent medical care!

- I am struggling to breathe even while sitting or lying down.
- I may feel lightheaded, dizzy, confused or very weak.
- I may be having chest pain.

I WILL:

- Call 911 or seek medical care immediately.
- Call my provider's office to alert them I am going to hospital, if able.

My Coastal Care Team:

Primary Care Provider: _____

Cardiologist: _____

Nurse Care Manager: _____

Pharmacist: _____

SPECIALTY CARE CENTER
900 Warren Avenue, Suite 400
East Providence, RI 02914
1-800-508-4908

Coastal365™
Adult Sick Visit Clinic
East Providence | East Greenwich | Wakefield | Greenville
1-800-822-5981

Managing Medications

Take your medications!

- ❖ Your medications are designed to work **together** to:
 - Protect your heart and other organs from further damage
 - Decrease symptoms **and** improve your heart function
 - Keep you well and out of the hospital

- ❖ It is important you take all your medications as directed every day, even when you are feeling well.

- ❖ Your medications are designed to work **together** to:
 - Protect your heart and other organs from further damage
 - Decrease symptoms **and** improve your heart function
 - Keep you well and out of the hospital

- ❖ *You are most likely feeling well because of your medications.*

Steps to manage your medications:

1. Take your medications as directed by your provider, even if you feel well.
 2. Contact your provider if:
 - You are having side effects to a medication.
 - You have trouble remembering to take any medications.
 - You have difficulty paying for your medications or getting prescriptions filled at your pharmacy.
 3. Create and maintain an updated medication list (including over-the-counter, vitamins and supplements) to keep with you at all times and to bring to appointments.
 4. Use the same pharmacy for all prescriptions and refill your medications on time.
- ❖ *Check your medication bottles for expiration dates and discard any medications that have expired.*
- ❖ *Avoid taking NSAID medications. NSAIDs are a class of pain medication that includes ibuprofen, Motrin, Advil, Aleve, and naproxen.*



Talk to your pharmacist if you have questions about:

- o Managing your medications
- o How to take your medications
- o How your medications work or possible side effects
- o Cost of your medications
- o Any other medication-related questions

You have a pharmacist on your Coastal Care Team that can meet with you in person or over the phone to help answer these questions.



Daily Heart Healthy Habits

1. Limit Sodium in Your Diet

- ❖ Sodium causes your body to hold onto water. This can cause fluid to build up in your body and lead to worsening heart failure.
- ❖ Sodium in your diet comes mostly from salt.
- ❖ Salt is often added in large amounts to prepared foods.
- ❖ According to the American Heart Association, the average American eats about 3400 mg per day!
- ❖ **Limit sodium to 1500 to 2000 mg of per day.**
- ❖ Having less sodium can also help lower your blood pressure and avoid further damage to your heart and organs!

There are sodium trackers included on pages 26 & 27 to record your sodium intake.



Tips for Lowering Sodium

- ❖ Take the salt shaker off the table
- ❖ Don't add salt to your food
- ❖ Use other herbs and spices to add flavor to your food

Nutrition Facts	
Serving Size: 1 cup (228g)	
Servings Per Container: 2	
Amount Per Serving	
Calories: 260	Calories from Fat: 120
% Daily Value*	
Total Fat 13g	20 %
Saturated Fat 5g	25 %
Trans Fat 2g	
Cholesterol 30mg	10 %
Sodium 660mg	28 %
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

There may be more than one serving in the package, so be sure to check serving size.

This number tells you the % DV for sodium in one serving.

Read labels carefully...

- ❖ Look for the serving size – there may be more than one serving per package
- ❖ Look for the amount of sodium per serving
- ❖ You will find sodium in unexpected places

Look for:

- Sodium alginate
- Sodium sulfite
- Sodium caseinate
- Disodium phosphate
- Sodium benzoate
- Sodium hydroxide
- Monosodium glutamate or MSG
- Sodium citrate

These are all forms of added sodium.

- ❖ Remember: One teaspoon of salt contains **2,400 mg** of sodium.



High Sodium Foods:

Meats

- Bacon
- Ham
- Beef jerky
- Bologna
- Corned Beef
- Hot dogs
- Kielbasa
- Pepperoni
- Salami
- Deli meats
- Sausages
- Sardines
- Canned tuna, salmon and chicken

Vegetables

- Pickles (sweet & dill)
- Pizza sauce
- Tomato sauce
- Canned vegetables

Sauerkraut

- Spaghetti sauce
- Stewed tomatoes
- Tomato and vegetable juice

Starches

- Canned beans
- Biscuit and pancake mixes
- Breads and rolls
- Corn or potato chips
- Macaroni and cheese
- Popcorn
- Stuffing mixes
- Waffles (frozen)

Other

- Bouillon cubes and broth
- Soups – canned or frozen

Low Sodium Options:

- Choose fresh, frozen, or canned food items without added salt.
- Try unsalted nuts or seeds, dried beans, peas, and lentils.
- Choose unsalted, lower-sodium, broths, bouillons, and soups.
- Add fresh lemon juice instead of salt to fish and vegetables.
- Use different vinegars or citrus juice as a flavor enhancer for greens and other vegetables – add just before serving.
- Try cayenne, red pepper flakes or fresh hot peppers (seeds and membrane removed) for a little extra spice and flavor to your dishes.

2. Keep Moving



Remember to balance activity with periods of rest.

- ❖ Heart Failure does not mean you can't be active
- ❖ Like all your muscles, your heart is a muscle that benefits from activity
- ❖ Activities that strengthen your heart help it keep up with the blood flow your body needs
- ❖ Activity also helps control your weight and blood pressure, and can release endorphins, or natural chemicals, in your body to help you feel good and stay positive

You don't have to run a marathon, start off slow and build.

- **15 blocks** = one mile (on average) if you walk one block/day in just over two weeks you will have walked one mile.
- **2,000 steps** = one mile; when you are talking on the phone or during commercial breaks try walking around your house.
- Small changes add up over time.
- You can try: parking farther away, walking an extra lap around the grocery store, taking the stairs.

3. Manage Your Stress

Living with a serious, chronic condition like Heart Failure can add to the day-to-day stress in your life, making it more difficult to manage your symptoms and stay on track.

Stress can:

- Make you feel sad, angry, afraid, agitated or helpless
- Cause you to lose sleep
- Make your heart work harder, raise your blood pressure and make your symptoms worse
- Increase pain in your neck, jaw and/or back and increase the frequency of headaches
- Lead to overeating, smoking, drinking, or drug abuse
- Sabotage your efforts to stick to a healthy life plan

What can you do to manage stress?

Positive Self Talk:

The way you talk to yourself can be a powerful tool in managing stress. Work toward changing negative thoughts into positive thoughts, such as:

Negative:

I can't do this.



Positive:

I will do my best.

Everything is going wrong.



I can handle this, one thing at a time.

Practice concentrating on positive thoughts when you are sitting quietly or before going to bed:

“I've got this.” | “I'm not going to let this get me down.”

“Things could be worse.” | “Someday I'll laugh about this.”

To manage your stress you can also:

- Take 15-20 minutes a day for yourself. Sit quietly, relax, breathe deeply and think of something peaceful.

Regular rest periods can give your heart a chance to pump more easily.

- Engage in regular physical activity that you enjoy like walking, swimming, riding a bike, yoga, tai chi or gardening.
- Try to do something you enjoy every day such as reading, playing cards, crafting, watching a movie – even if only for a short time.

Live a more relaxed life:

- Learn to say “no”
- Slow down – pace yourself, don’t race
- Get enough sleep
- Take up a hobby
- Spend time with the family/friends
- Try to find the time to do something that gives you pleasure every day

4. Quit Smoking



- ❖ Smoking can:
 - Make your heart work harder
 - Raise your blood pressure
 - Lead to worsening damage of your heart and other organs

 - ❖ It is never too late to stop, even if you have tried without success in the past.

 - ❖ Combining behavior modifications and smoking cessation aids can help you succeed.
-
- ❖ Coastal Medical has a smoking cessation program available to you.

 - ❖ Your Care Team can help you register.

5. Plan Ahead

No one likes to think about what will happen if a serious illness strikes. One of the most worrisome questions is:

“Will my doctors know what is important to me and what treatments I want?”

There are important steps you can take when you are well to let your family, friends and doctors know what is most important to you in your health care. A very common option is to create an Advance Directive.

What is an Advance Directive?

- ❖ An Advance Directive, sometimes called a Living Will is a legal document that can outline the treatments you would and would not want if you are not able to speak for yourself.
- ❖ It typically addresses whether you would want to receive artificial respiration or breathing machines, dialysis, tube feeding, artificial hydration and organ donation. It may also document your wishes to receive CPR or a do-not-resuscitate order.
- ❖ It can also identify a durable power of attorney or health care proxy. This is a person you identify and trust to carry out your wishes when you cannot.
- ❖ It can be a gift to your loved ones by easing their stress and worry while making sure you receive the care you want.

How to get an Advance Directive:

You can go to an attorney, but that is not necessary. There are many ways you can create an Advance Directive on your own. Some options are:

- ❖ **Rhode Island Durable Power of Attorney for Health Care.** This is a free document provided by the RI Department of Health. It can be found online at www.healthRI.gov or you can get one from any member of your Coastal Medical Care Team.
- ❖ **MOLST – Medical Orders for Life Sustaining Treatments.** This is a free document provided by the RI Department of Health. It is filled out by you and your health care provider. Any member of your Coastal Medical Care Team can help you obtain this form.
- ❖ **5 Wishes** – This is a document that can be ordered through www.agingwithdignity.com for a fee of \$5.00. It helps you explore and document your wishes on important health care topics and name a health care proxy.

My Heart Failure Action Plan



Name: _____

Date: ____/____/____

Green Zone: ALL CLEAR - *I'm feeling well today* – Keep up the good work!

- My weight is stable – may change 1 pound or 2 pounds per day
- My breathing is normal for me
- No (or usual) swelling in my feet, ankles or abdomen
- I have my usual amount of energy.
- I sleep well at night with usual number of pillows.

I Will:

- Keep up the good work!
- Continue to take all my medications.
- Weigh myself every day.
- Eat a low salt diet.
- Get my flu and pneumonia vaccines.

Yellow Zone: CAUTION - *I'm having some trouble* – I need some help!

- My weight is up by 3 pounds or more in 1 day, or 5 pounds or more in 1 week.
- I am having a harder time breathing and may develop a cough.
- I have new or more swelling in my feet ankles or abdomen.
- I am feeling tired and have less energy.
- I am using more pillows at night to sleep or am sleeping sitting up.

I Will:

- Continue to take all my medications.
- Call my provider to report new symptoms. A change in medication may be needed.

Red Zone: DANGER - *I need urgent medical care!*

- I am struggling to breathe even while sitting still.
- I may feel lightheaded, dizzy, confused or very sleepy.
- I may be having chest pain.

I Will:

- Call 911 or seek medical care immediately.
- Call my provider's office to alert them I am going to hospital, if able.

My Coastal Care Team:

Primary Care Provider: _____

Cardiologist: _____

Nurse Care Manager: _____

Pharmacist: _____

CARDIOLOGY SPECIALISTS

900 Warren Avenue, Suite 300

East Providence, RI 02914

1-800-508-4908















































































Coastal365™

Adult Sick Visit Clinic















































































Multiple Locations

1-800-822-5981

Heart Failure Weight and Symptom Log

DATE	WEIGHT - BP	ZONE			SYMPTOMS
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					

Heart Failure Weight and Symptom Log

DATE	WEIGHT - BP	ZONE			SYMPTOMS
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					
					

SODIUM TRACKER



When recording your sodium intake, be sure to keep in mind that different brands and restaurant preparation of the same foods may have different sodium levels so ask your server or look online for sodium content of restaurant foods. To track your sodium intake check the nutrition labels of the foods you eat and prepare. When preparing homemade foods, check the sodium content in individual ingredients, then add up the totals. Sodium levels of the same food can vary widely, so it is important to educate yourself by reading labels and looking for low-sodium options.

The American Heart Association's Heart-Check mark—whether in the grocery store or restaurant helps shoppers see through the clutter on grocery store shelves to find foods that help you build a heart-healthy diet. Visit heart.org/sodium for more information.

MEAL	FOOD	SODIUM	NOTES
<i>Breakfast</i>			
<i>Snack</i>			
<i>Lunch</i>			
<i>Snack</i>			
<i>Dinner</i>			
<i>Snack</i>			
	DAILY SODIUM TOTAL		

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<i>Snack</i>			
	DAILY SODIUM TOTAL		

Resources

For more support and information:

American Heart Association (AHA)

www.heart.org

www.RiseaboveHF.org

AHA Online Support Network

www.supportnetwork.heart.org

Heart Failure Society of America

www.hfsa.com

Cardiosmart – American College of Cardiology

www.cardiosmart.org

Keep it Pumping

www.keepitpumping.com

