



# Living Well with Heart Failure

 Advocate Health Care

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# Table of Contents

<b>Goals of heart failure care / Health Care Team Page .....</b>	<b>2</b>
<b>What is heart failure? .....</b>	<b>3</b>
<b>While you are in the hospital – what to expect .....</b>	<b>4-6</b>
<b>Home care plan .....</b>	<b>7-21</b>
• Take your medications every day and know what your heart failure medications do .....	7-9
• Eat less salt .....	10-12
• Limit your fluid intake .....	13-14
• Keep active daily .....	15-16
• Weigh yourself daily .....	17
• Daily weight tracker .....	18-19
• Your Stoplight Action Plan .....	20
• Follow up with your health care team .....	21
<b>Advocate Health Care Resources .....</b>	<b>22-24</b>
<b>Additional Heart Failure Resources .....</b>	<b>25</b>

# Goals of Heart Failure Care/ Health Care Team

## Goals of heart failure care

There are three main goals for your heart failure care:

- Understanding your treatment
- Managing your medications
- Developing lifestyle changes that will work for you. This will improve how you feel and help you live well at home.

## Who Is Your Health Care Team?

**YOU** are an important part of your own care team. Be active in your own care. Don't be afraid to ask questions. The more you participate in your care while in the hospital, the better you will be at caring for yourself when you return home. **We are all here to help you.**



If you have any questions about heart failure or about information in this booklet, please ask your health care team. There are also additional resources at the back of this booklet to learn more about heart failure. If you have any questions when you get home or are unsure of what to do, contact your health care team.

***We're with you!***

# What is Heart Failure

## What is heart failure?

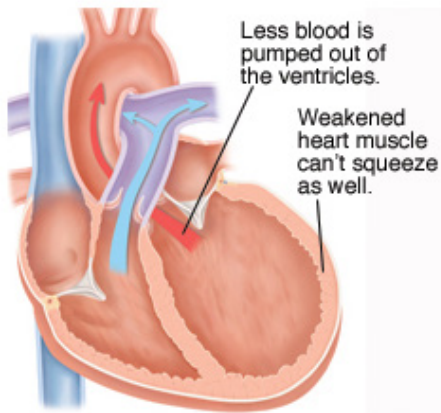
Heart failure is a condition where the heart cannot pump enough blood to meet the needs of the body.

Heart failure does get worse over time and will not go away. Symptoms can be controlled by working together with your health care team.

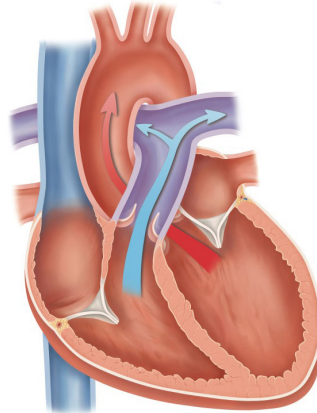
## Types of heart failure

- The heart is not strong enough to pump - systolic heart failure, or
- The heart cannot fill with enough blood - diastolic heart failure.

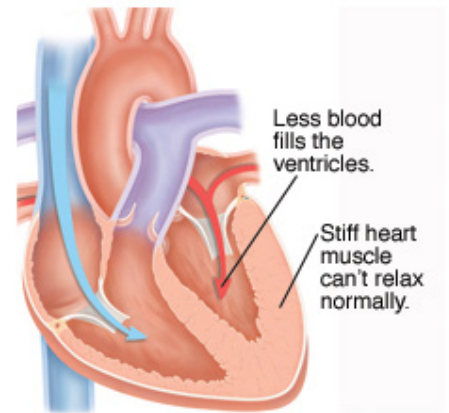
**Systolic Heart Failure**



**Normal Heart**



**Diastolic Heart Failure**



*Images courtesy of © 2018 The StayWell Company, LLC*

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# While You are in the Hospital – What to Expect

## What to expect during your hospital stay for your heart failure

When you have heart failure, there may be many new things you need to learn to manage your heart failure. While you are in the hospital your health care team will be helping you with your cares and teaching you how to stay healthy when you get home.

## Your medications

You will be given medications to help your heart work better and to remove the extra fluid in your body.

Be sure you understand what these medications do and how to take them. Ask your health care team if you have questions about any of your medications.

**Tip: Having your prescriptions filled before you leave the hospital will make it easier for you to continue the right medications when you get home. Ask your health care team about how to get your prescriptions filled before you leave.**

**Be sure to take your medications - every day, every dose.**

## Diet and limiting your fluids

Salt can cause your body to hold water which will make your heart work harder. Reducing salt and limiting fluids are ways you can get rid of extra water in your body so you can start to feel better.

While you are in the hospital, you will likely be on a low salt diet and you may also need to limit how much fluid you drink. By eating less salt, you may be able to:

- Decrease swelling in your legs or stomach
- Improve your breathing
- Decrease feelings of fullness (bloating)
- Control high blood pressure

Even after you leave the hospital, lowering salt in your diet should become a **life-long habit**.

# While You are in the Hospital – What to Expect (cont.)

## Staying active

The heart is a muscle that needs exercise to stay healthy and strong. It is important to keep moving even while you are in the hospital! Staying active will help you feel better and get stronger.

Talk to your health care team about your activity levels. They can help you make a plan.

A few ways to stay active while you are in the hospital may be:

- Sitting up for every meal.
- Working with therapy: Physical Therapy, Occupational Therapy, and Cardiac Rehab may be ordered by your doctor.

## Tracking your weight every day

Keeping track of your weight every day is very important when you have heart failure. A sudden weight gain means your body is holding extra water.

Tracking your weight will be done one time every day:

- First thing in the morning
- Before getting dressed
- Before eating or drinking
- After you urinate (“pee”)

Weighing yourself the same way daily should become a life-long habit.

## Measuring your input and output in the hospital

While in the hospital, we will be measuring all of the liquids that you drink.

Liquids include: water, soda, juice, coffee, tea, milk, soup, ice cream, jello, ice.

We will also be measuring the amount of urine you make. You will need to urinate in a urinal or “hat” placed in the toilet so that we can measure correctly.

Please tell a caregiver if you drink extra fluids.

Please call a caregiver after you urinate so that your urine can be measured and emptied.

# While You are in the Hospital – What to Expect (cont.)

## Checking symptoms

Your health care team will be asking you questions often about the heart failure signs and symptoms that brought you into the hospital. Our goal in asking these questions is to make sure the symptoms that brought you into the hospital are getting better.

These signs and symptoms we will ask you about may include:

- shortness of breath or trouble breathing
- feeling tired
- swelling - in your hands, legs and feet, or stomach
- recent changes in your weight
- difficulty doing daily activities such as bathing, walking, talking, or eating
- problems with sleeping
- chest pain or pressure at rest and/or with activity
- problems with eating – feeling of fullness, loss of appetite
- skin problems – cold skin, sores that will not heal.

We will be looking to see that these sign and symptoms are going away before you leave the hospital.

***We're with you!***



# Home Care Plan

## What you will need to do when you get home

1. **Take your medications every day, every dose**
2. **Eat less salt**
3. **Limit your fluid intake**
4. **Keep active daily**
5. **Weigh yourself daily**
6. **Use Your Stoplight Action Plan**
7. **Follow up with your health care team**

## Taking your medications - every day, every dose

Heart Failure can be controlled with medications. It is important to take your medications correctly. This will help your heart pump better and can make you feel better and live longer.

- Take each of your medications every day at the right times
- **Do not skip doses** of your medications, even when you feel good
- Ask your doctor about refills
- If you think you are having side effects from your medications, do not stop taking them. Call your doctor's office right away about your concerns.

If you are having trouble paying for your medications, talk to your health care team.

# Home Care Plan - Taking your medications

## Taking your medications - every day every dose

Have a plan on how to take your medications when you get back home.  
Talk to your health care team for some ideas. Here are a few:

- List of medications with instructions for how to take and when to take them
- Pill Box
- Other method \_\_\_\_\_



**Tip: Always bring your medication list or pill bottles to each of your doctor's visits. Your doctor can review your medications to make sure you are safe and that you have enough.**

## Know your heart failure medications

**Diuretic (water pill)** controls how much salt and water you have in your body.

- This medicine will make you urinate or “pee” to get rid of extra salt and water.
- To keep your body in balance your doctor may change how much medication you take from day to day.
- The most common water pills are:
  - Furosemide (Lasix)
  - Bumetanide (Bumex)
  - Torsemide (Demadex)
- My water pill(s): \_\_\_\_\_

**Beta Blockers** slow your heart rate so your heart does not have to work so hard. These medicines can help you feel better, stay out of the hospital, and live longer.

- Common beta blockers used for heart failure are:
  - Carvedilol (Coreg)
  - Metoprolol succinate (Metoprolol XL, Toprol XL)
  - Bisoprolol (Zebeta)
- My Beta Blocker pill: \_\_\_\_\_

# Home Care Plan - Taking your medications (cont.)

## *Know your heart failure medications continued...*

**Angiotensin-converting enzymes (ACE-inhibitors)** relax and expand the blood vessels to increase blood flow and oxygen to the heart. This medication also decreases the work of the heart. This medication helps you feel better and live longer.

- Common ACE inhibitors are:
  - Lisinopril (Prinivil, Zestril)
  - Captopril (Capoten)
  - Enalapril (Vasotec)
  - Ramipril (Altace)
  - Quinapril (Accupril)

**Angiotensin Receptor Blockers (ARB's)** may be used **in place of ACE inhibitors** for people that have side effects from them. ARBs reduce the impact of certain harmful stress hormones (substances that build up in the body of people with heart failure). They have actions similar to those of ACE inhibitors.

- Examples of ARBs are:
  - Candesartan (Atacand)
  - Irbesartan (Avapro)
  - Valsartan (Diovan)
  - Losartan (Cozaar)
- My **ACE inhibitor or ARB** pill: \_\_\_\_\_

Mineralocorticoid receptor antagonists: helps you live longer and stay out of the hospital. These medications lower the amount of sodium and water your body holds on to. This medication works in two ways by blocking the harmful effects of stress hormones that narrow the blood vessels, causing the body to hold salt and water.

- Spironolactone
- Eplerenone

Or you may be on the new medication called an Angiotensin-Receptor Neprilysin Inhibitors (ARNIs). This medication works in two ways by blocking the harmful effects of stress hormones that narrow the blood vessels, causing the body to hold salt and water.

- Example of ARNIs
  - Sacubitril/Valsartan (Entresto)

**Many herbal supplements and/or over the counter medications (such as ibuprofen, Advil, Aleve, naproxen,) can interact with your medications. Please talk to your health care team prior to starting any of these supplements or medications.**

# Home Care Plan - Eating less salt

## Eating less salt (sodium)

Eating too much salt (sodium) can make your body hold water. This makes your heart work harder to pump blood through your body. This fluid build-up can cause shortness of breath, and swelling in your feet, legs, hands, and stomach.

Your health care provider may ask you to limit how much salt (sodium) you eat to less than 2000 milligrams (mg) each day. Aim for 500-700 mg of sodium per meal.

Most foods contain salt (sodium) and most Americans eat 4000-5000 mg of salt per day in their daily diet.

## Some ways to eat less sodium

- Remove the salt shaker from the table and do not add salt to food when you are cooking.
- Use pepper, herbs, spices, Mrs. Dash herb blends, lemon or vinegars to add flavor. Ask your doctor before using any kinds of salt substitutes, such as No Salt, NuSalt, or Morton Salt Substitute.
- **Read food labels and choose foods that have less than 140 mg of sodium per serving.**
- Try to cook meals at home. You'll have more control over how much sodium is in your dish.
- Limit dining out to 1 time per week or less. Restaurant foods are very high in sodium.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Home Care Plan - Eating less salt (cont.)

## Avoid or limit these high salt foods:

Salty snacks, like crackers and potato chips



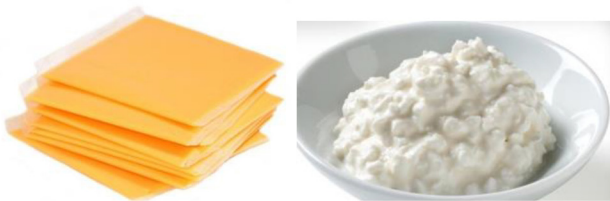
## Breaded or fried foods



Processed meats, like hot dogs, sausage, bacon and ham



Processed cheeses like American, cottage cheese



Canned meats and fish



Packaged foods like flavored rice or pasta mixes



## Choose these low salt foods:

Unsalted popcorn, unsalted nuts or low sodium chips



## Fresh fruits and vegetables



Lean meats, poultry, fish, or low sodium lean lunch meats



Natural cheese in small amounts



Fresh fish, unflavored frozen fish, or low sodium water-packed tuna



Cook from scratch; make plain rice or pasta. Flavor it with your own herbs and spices.



# Home Care Plan - Eating less salt (cont.)

## Eating less salt (sodium)

This is an example of the same meal made in two ways. One preparation uses low sodium ingredients and recipes and the other does not.

“Standard” Preparation		Low Sodium Preparation	
Spaghetti with ½ cup marinara sauce and 4 meat balls	800-900 mg	Spaghetti with ½ cup No Salt Added Italian tomato sauce and homemade meatballs* (ground turkey, pepper, parsley and whole grain cereal flakes)	Less than 300 mg
Side salad with 2 Tbsp. Italian dressing	300-400 mg	Side salad with 2 Tbsp. vinegar & oil salad dressing*	0 mg
½ cup canned green beans	300-400 mg	Frozen steam-in-bag green beans with unsalted butter	0 mg
2 slices frozen garlic bread	500-600 mg	2 thin slices whole wheat bread with unsalted butter and garlic powder	200-300 mg
<b>Total:</b>	<b>1900-2300 mg</b>	<b>Total:</b>	<b>500-600 mg</b>

\*Find delicious, low sodium recipes at:

<https://recipes.heart.org>

<https://cdn.ymaws.com/www.aahfn.org/resource/resmgr/Docs/awareness/cookbookpdf.pdf>

[http://www.hfsa.org/wp-content/uploads/2017/05/HFSA\\_Module2\\_0518.pdf](http://www.hfsa.org/wp-content/uploads/2017/05/HFSA_Module2_0518.pdf)

**For more information on eating less salt, ask to see a dietitian.**

# Home Care Plan - Limit your fluid intake

Your health care provider may ask you to limit the amount of fluid that you drink daily.

Ask your health care provider how much fluid you should have each day.

**What are fluids?** Any food that is liquid at room temperature.

Every time you drink or eat fluids, it counts towards your total!

## Examples of fluids

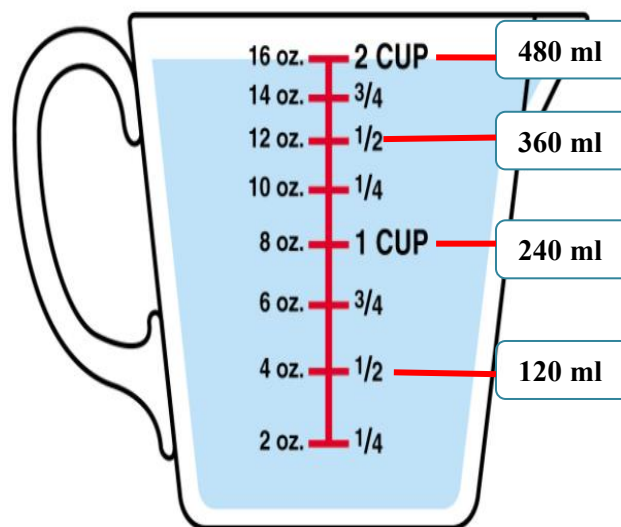
water  
ice cubes  
soft drinks/soda/juices  
milk/cream  
coffee/tea  
broth/soups  
ice cream/ice milk/sherbet  
frozen yogurt/popsicles  
jello/gelatin  
alcohol/beer/wine

## 2000 milliliters (ml) of fluid

per day is the most  
recommended fluid limit.

2 liters = 8 cups (8 ounce cup) of fluid

**Caution**  
Some juicy fruits (ex. watermelon)  
contain large amounts of fluid  
and should be eaten in moderation



# Home Care Plan - Limit your fluid intake (cont.)

## Limit your fluid intake

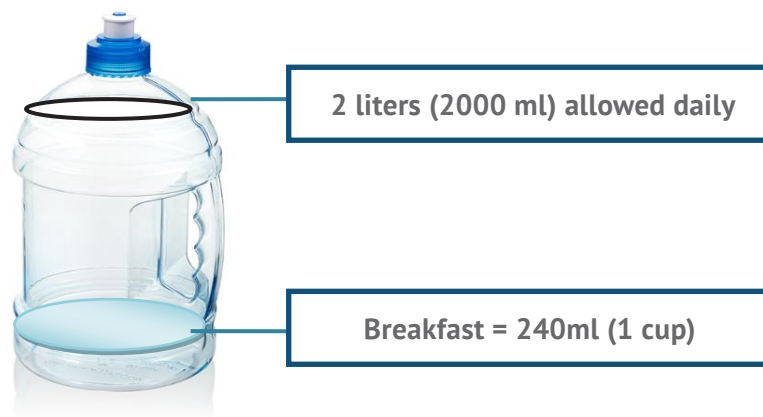
You can keep track of the amount of fluid you drink in 2 ways:

1. Each time you drink some fluid, list the amount you drink. Add it up as you go:

Example:

Fluid	Amount	ml	Total fluids
Water with morning pills	¼ cup	60 ml	60
Orange juice	½ cup	120 ml	180
Coffee	1 cup	240 ml	420
Milk with cereal	½ cup	120 ml	540
Low sodium soup for lunch	1 cup	240 ml	780

2. Mark a large container with the amount of fluid you are allowed each day. When you have fluids, pour an equal amount of water in the container. Once the container is filled, you have reached your limit for the day:



### Tips to keep you from becoming thirsty:

- limit salty foods
- chew gum
- take pills with applesauce
- avoid hot sun if possible; go out early in morning or in the evening



# Home Care Plan - Keeping active daily

## Keeping active daily

Being more active is one of the best things you can do for your heart failure.

### Keeping yourself active:

- improves your heart and lung health
- increases your strength
- increases your energy to do your daily activities
- controls your blood pressure, cholesterol, and diabetes
- improves your range of motion and balance
- helps you lose weight or maintain your weight
- reduces your stress



## Different ways to keep active

- Doing chair exercises or marching in place
- Walking in your home, around your neighborhood, or at the mall
- Stretching, yoga classes, or dancing to your favorite songs
- Using a stationary bicycle
- Taking an exercise class or using an exercise video at home
- Swimming or water exercises
- Joining a heart rehab program in your area

# Home Care Plan - Keeping active daily (cont.)

## Keeping active daily

Check with your health care team before starting any new activity.

Start by doing an activity for **5-10** minutes on most days of the week.

As it becomes easier, slowly add **more minutes of activity at a time** until you reach a goal of 30 minutes or more.

Plan your activity at a time during the day when you are feeling your best.

Staying active with a friend or partner can make exercise more enjoyable.

**Stop activity** and call your health care team if you feel:

- lightheaded or dizzy
- shortness of breath that is worse than normal or does not improve with rest
- unusual pain or discomfort

### Call 911 right away if you have:

- chest pain, pressure, tightness, heaviness, or squeezing
- unusual aching in your arms, shoulder, jaw, neck, or back
- fainting or blackout spell
- heart pounding, skipping, or racing along with feeling dizzy, lightheaded, pain in the chest, or nausea

# Home Care Plan - Weighing yourself daily

## Weighing yourself daily

Use the Daily Weight Tracker in this booklet to keep track of your weight on a daily basis.

### REMEMBER:

Tracking your weight will be done one time every day:

- First thing in the morning
- Before getting dressed
- Before eating or drinking
- After you urinate (“pee”)



**Tip:** After weighing yourself, write down your weight on the weight chart (on the next page) or a calendar. Then go to Your Stoplight Action plan (page 20) to review your symptoms and follow any actions needed.

# Home Care Plan - Weighing yourself daily (cont.)

Place this sheet by your scale to remind yourself to write down your weight daily.

Date	Weight	Date	Weight	Date	Weight

# Home Care Plan - Weighing yourself daily (cont.)

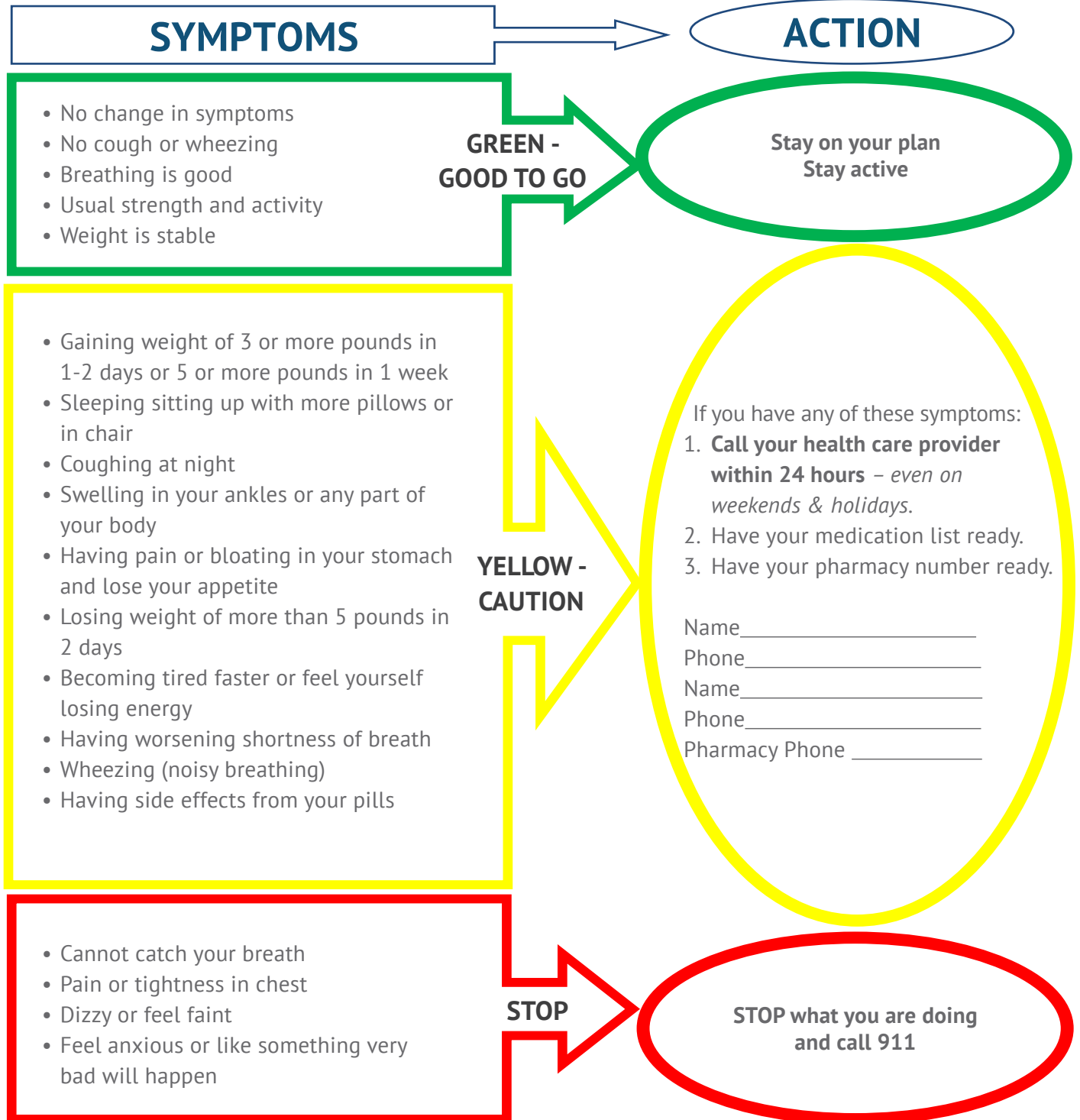
Place this sheet by your scale to remind yourself to write down your weight daily.

Date	Weight	Date	Weight	Date	Weight

# Home Care Plan - Your Action Plan

Put this sheet on your refrigerator to remind yourself to check your symptoms daily.

## Your Stoplight Action Plan



If you have any questions or are unsure of what to do contact your care provider.

# Home Care Plan - Follow-up appointments

## Follow-up care

Heart failure is a serious, lifelong disease, and does get worse over time. Your follow up care with your health care provider is the best way for you to stay out of the hospital, live longer, and live your life well!

Check the discharge instructions you received when you left the hospital for your next appointments.

Having heart failure does not mean you have to stop living your life to the fullest. By following your home care plan you can still do many of the things you like to do.

## Know your home care plan:

1. **Take your medications every day, every dose**
2. **Eat less salt**
3. **Limit your fluid intake**
4. **Keep active daily**
5. **Weigh yourself daily**
6. **Use Your Stoplight Action Plan**
7. **Follow up with your health care team**

***We're with you!***

# Advocate Health Care Heart Failure Resources

## Advocate at Home Services:

Advocate at Home, the home health division of Advocate Health Care, provides nursing care, hospice care, medical equipment, home infusion, and respiratory and rehabilitation therapies.

**Service:** Advocate Home Health Services includes nursing, physical therapy, occupational therapy, speech therapy, social worker and home health aide for the homebound patient

**How it works:** Home health clinicians will visit you on a schedule based on your individualized care plan. You will also have remote/telephone support available 7 days a week. The amount and type of care you receive will be based on your doctor's orders and what types of services you need.

To learn more about Advocate Home Health Services, visit [www.advocatehealth.com/advocate-at-home](http://www.advocatehealth.com/advocate-at-home) or call **1.800.564.2025**. (Please note, a physician referral is required for home health services. Talk to your physician.)

## Cardiac Rehabilitation (Rehab) Service for Heart Failure:

**Service:** Monitored exercise therapy and healthy lifestyle information

### How it works:

- Heart-healthy eating tips (long-term strategies to lose weight and keep it off)
- Tips to help you incorporate physical activity and exercise into your daily life
- Tips to help you manage stress in your life
- Tips to help you improve your mood
- Tips to help you stop smoking (if needed)

Advocate Health Care offers many Cardiac Rehabilitation locations in communities throughout Illinois. Contact the Heart Failure Clinic at your site for more information.



# Advocate Health Care Heart Failure Resources (cont.)

## Advocate Palliative Care:

**Service:** Palliative Care is a special kind of care for people who have a serious medical issue. The program focuses on relieving pain and other symptoms while addressing the psychological, emotional and spiritual needs of you, your family members and caregivers.

### How it works:

The benefits of Palliative Care include:

- Better understanding of your condition and your choices for medical care
- Emotional support for you and your family
- Relief from challenging symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and trouble sleeping
- Improved ability to carry on with your daily life

To learn more about Advocate Palliative Care services contact **630.571.8990**.

## Advocate Hospice Services:

**Services:** Advocate Hospice offers a comprehensive range of hospice services for patients who choose to no longer undergo curative treatment. Most hospice care is provided in the home, where patients want to be. Care can be provided by a hospice physician, nurse, aide, social worker, volunteers and a chaplain based on your needs.

To find out more about Advocate Hospice, call **630.963.6800**. (Please note, a physician referral is required for hospice services. Talk to your physician.)

# Advocate Health Care Heart Failure Resources (cont.)

## Join MyAdvocateAurora

MyAdvocateAurora lets you manage your health online from absolutely anywhere. Message your doctor, view test results, schedule appointments and pay your bill online – all from a secure, personalized dashboard.

To join MyAdvocateAurora, visit [www.myadvocateaurora.org](http://www.myadvocateaurora.org).

# Additional Heart Failure Resources

Here are additional heart failure resources if you want more information on living well with heart failure.

- American Heart Association - Explore My HF guide and “Rise Above Heart Failure” social network and site at [www.RiseAboveHF.org](http://www.RiseAboveHF.org)
- Heart Failure Society of America (HFSA) at [www.hfsa.org](http://www.hfsa.org). Offers patient information about heart failure, patient tools, patient webinar series, and upcoming patient events.

## Community Resources for Heart Failure Education: for Advocate Health Care

- American Association of Heart Failure Nurses “Patient Education” - [https://www.aahfn.org/mpage/patient\\_tip\\_sheet](https://www.aahfn.org/mpage/patient_tip_sheet)
- Heart Failure Educational Modules - [www.RiseAboveHF.org](http://www.RiseAboveHF.org)
- Health Journey Support: Education on Cardiac, Respiratory, Diabetes, Mental Health, and Oncology  
<http://www.healthjourneysupport.com/cardiology/?TOPIC=heart-failure&JOURNEY=1>  
<http://www.healthjourneysupport.com/>
- Heart Failure Society of American <https://www.hfsa.org/patient/patient-tools/educational-modules/>

### For more information on low sodium recipes visit:

- Don't Pass the Salt: Recipes for success:  
<https://cdn.ymaws.com/www.aahfn.org/resource/resmgr/Docs/awareness/cookbookpdf.pdf>
- How to Follow a Low Sodium Diet: [http://www.hfsa.org/wp-content/uploads/2017/05/HFSA\\_Module2\\_0518.pdf](http://www.hfsa.org/wp-content/uploads/2017/05/HFSA_Module2_0518.pdf)

### Smoking Cessation Resources:

- Illinois Tobacco Quit Line 1-866-784-8937 (866-QUIT-YES) <https://quityes.org>

### Exercise and Activity Resources:

Sit and Be Fit; [www.sitandbefit.org](http://www.sitandbefit.org), a nationally televised chair exercise program available on Public Service TV stations, DVD's are also available.



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[advocatehealth.com](https://www.advocatehealth.com)