

Living Well with Heart Failure

PREVENT Program



Preventing Readmissions and Emergency Room Visits in Elgin through Novel

What is heart failure? Heart failure is when your heart is not pumping as strongly as it should. Your body does not get the right amount of blood, oxygen, and nutrients it needs to work properly. This condensed guide will provide useful tips and tricks on managing your HEART FAILURE and help you maintain a healthy lifestyle for years to come.



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Introduction

The PREVENT program is a novel systems based approach that aims to not only improve upon the system level factors that contribute to health utilization but to also improve the education and delivery of medical care for those affected with COPD.

This guide is a first step toward learning to manage your disease. Share this guide with your family, friends and caregivers.

“About 5% of all Canadians 40 years and older are newly diagnosed with heart failure every year”

In this program, the care delivered to you through Home and Community Care, your family physician or nurse practitioners office, in patient Medical doctor and outpatient Specialists, will be COORDINATED and communicated with you.

You will learn strategies to stay healthy and safe at home as well as an enhanced awareness of when you might need a little extra care and attention and need to seek emergent treatment.

Why Learn to Manage your Heart Failure?

When you take charge of your heart and learn to manage your heart failure it helps you:

- Improve the quality of your life
- Feel confident that you can manage your heart failure
- Know when to ask for help from your care team
- Limit the need to go to the hospital for care
- Prevent or limit heart failure complications as the disease progresses



WHAT CAUSES HEART FAILURE

There are two main types of heart failure:

- **A weak pump:** When the heart muscle is weak, it gets larger and ‘floppy’.
- **A stiff pump:** When the heart muscle cannot relax between beats because the muscle has become stiff. The heart cannot properly fill with blood between beats.

Some of the more common causes of Heart Failure include:

- Heart attack
- High blood pressure
- Heart valve problems
- Excessive use of alcohol or drugs
- Obesity
- Sleep apnea
- Infections affecting the heart muscle
- Abnormal heart rhythm

IS THERE A CURE?

No. Heart failure usually gets worse over time. While heart failure cannot be cured, people do learn to live active, healthy lives by managing their heart failure with medication, changes in their diet, weighing daily and physical activity.

HOW IS HEART FAILURE TREATED

Look in the mirror- the key treatment is you!

Your providers rely on you to make changes in your lifestyle and eating habits. While there is a team of health care providers working with you to manage your heart failure, you are the one in charge.

Treatment is focused on helping you live a longer and healthier life and includes:

- monitoring your symptoms
- Reducing salt in your diet
- Increasing your daily activity
- Keeping your blood pressure low
- Maintaining a healthy weight
- Stopping unhealthy habits such as smoking
- Taking your medications as prescribed

SYMPTOMS OF HEART FAILURE

There are many symptoms of heart failure and not everyone experiences them to the same degree. Generally, this may include:

- Feeling short of breath when you do daily activities.
- You may find it harder to breathe when resting or lying down.
- You may wake up at night feeling short of breath. •
- You find it easier to sleep by adding pillows or by sitting up in a chair.
- You may cough often, especially when lying down.

- You may feel your heart beat faster and it does not slow down when you rest.
- You feel your heart racing, jumping, or pounding in your chest.
- You cannot walk as far you normally can.
- You may feel tired all the time and have no energy to do daily activities.
- You may feel lightheaded or dizzy, especially when you stand up or increase your activity and this is new for you.
- You may feel bloated or your clothes feel tighter than normal.
- You may have swelling in your feet, ankles, legs, or even up into the belly (abdomen).

LIMITING FLUID

When you have heart failure, fluid can build up causing swelling in your feet, legs or belly making your heart work harder. Fluid can also build up in your lungs, which may cause you to become very short of breath.

You should have no more than 1.5 to 2 litres of fluid in a day. You may find you are thirsty to begin with. As you gradually reduce your fluid intake, your body will adjust!

Total amount of fluid per day
1.5-2 litres = 48-64 ounces = 6-8 glasses

To keep track of whether your body is holding on to too much fluid, weigh yourself daily. Weigh yourself at the same time every day. The best time is first thing in the morning. •

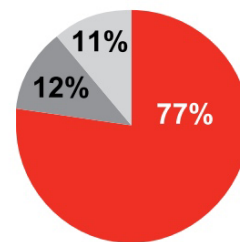
Weigh yourself after emptying your bladder (gone pee). Your weight increases by more than 2 kg or 4 lb in two days. or Your weight increases by more than 2.5 kg or 5 lb in a week.

LIMITING SALT

Salt is a mineral that is vital for the proper functioning of your bodily organs including your heart, however too much salt in the diet can lead to fluid accumulation, swelling of the legs and can make the heart work harder. Limiting your salt intake to less than 2g/day will aide you in controlling your heart failure symptoms.

In the average Canadian diet, where does sodium come from?

- In ready-made processed foods and restaurant meals (77%)
- Naturally occurring in food (12%)
- Added to food in cooking and at the table (11%)



TREATMENT

There are a variety of medications that can be used in the treatment of heart failure that fall into a few broad categories.

Will make you Live longer

- Beta Blockers
- ACE inhibitors and ARB's
- ARNI
- Aldosterone Blockers
- Defibrillator

Will make you feel better

- Diuretics
- Digoxin
- ACE inhibitors and ARB's

BETA BLOCKERS

Metoprolol, Bisoprolol, Carvedilol

These medications slow the heart rate, relax the heart muscle & block the body's stress hormones, the combined effect of which will make it easier for your heart to pump.

It is normal to feel tired and weak while taking this class of drugs, but rest assured they are very effective at improving heart function and symptoms of heart failure.

ACE INHIBITORS

Perindopril, Ramipril, Enalapril

Angiotensin converting Enzyme inhibitors reduces your bodies ability to make stress hormone which causes narrowing of blood vessels. ACE inhibitor will allow the blood to flow more easily and reduces the work that the heart needs to perform.

Some patients may experience a cough with this class of drugs, and if this occurs ask your care provider about switching to a different class of medications.

ARB's

Candesartan, Valsartan, Irbesartan

Angiotensin receptor blockers are similar to ACE inhibitors but exert their effect in a different manner.

The net effect is similar and includes, lowering of blood pressure, treating heart failure

symptoms and slows the progression of heart failure.

ARNI

Sacubitril/Valsartan

Angiotension Receptor-Neprilysin Inhibitor is a combination of two medications, that when used in conjunction, improves heart failure symptoms, will help you live longer and reduces the need for hospitalization related to heart failure.

It is very important to NOT take this class of medication concurrently with an ACE inhibitor or Angiotension receptor blockers.

MRA

Spiroglactone, Eplerenone

Mineralocorticoid receptor Antagonists, block the steroid hormone Aldosterone that helps the kidneys manage the sodium, potassium and water levels in the body. The net effect of this drug is to lower blood pressure, help eliminate excess water and will help you live longer.

DIURETICS

Furosemide, metolazone

Commonly referred to as 'water pills', these medications tell the kidney to excrete excess amounts of water, making you 'Pee' more. These drugs will improve symptoms of heart failure and make you breath easier and will help with edema (excess fluid build up) but will not help you live longer.

Advanced Heart Failure Personal Action Plan

Purpose: To ensure all health care providers are aware how to care for me and my family during this stage of my life.

Date: _____ Signed (patient): _____

What matters most to me:

Focus of Care & Collaborative Decisions	My Symptoms	Person to Contact if Change In Symptoms
Symptom Management – Psychological [symptoms that make me feel sad or anxious and approaches that have been tried and/or are helpful]		
Symptom Management – Physical or Body [symptoms that are bothersome to me and approaches that have been tried and/or are helpful]		
Social Care Needs [include concerns about: finances, end of life legal planning, medication cost, transportation, access/cost for home support services, equipment, difficult family/ caregiver situations, support network]		
Spiritual Care Needs [individual cultural or spiritual approaches that are important to me and my family]		
My Wishes [for future health care treatment, life support and life-prolonging medical interventions e.g. minimize pill burden or doesn't want invasive procedures] <input type="checkbox"/> Advance care plan completed <input type="checkbox"/> Palliative benefits in place		

My Heart Failure TEAM

- Primary Care Provider _____
- Rapid Response Nurse _____
- Co-ordinated care Planner _____
- Heart Failure Specialist _____

Self-Monitoring Sheet

Patient's Name: _____

SELF-MONITORING: Record your findings below						
Days	Changes in Your Breathing Pattern	Weight	Swelling	Fatigue	Side Effects of Medication	Action Taken and Your Results
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Questions to ask yourself:

1. What was I doing when the change was noticed? _____
2. What time of day did the change happen? _____
3. How did I decide to report or not to report it? _____
4. To whom did I report the change? _____

Your 'Dry Weight' (when you don't have excess fluid in your body): _____
Write down your weight each day compare today's weight to yesterdays weight.

Month _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Learning to Live with Heart Failure

You can do it! You can make changes in your life to help you feel better and stay healthy. This resource gives you tips for daily life and answers common questions.

Conserve your energy

- Rest at least 1 hour every day.
- Aim for balance.
 - Balance activity with rest.
 - Balance hard activities with easy activities.
 - Do activities when you feel your best.
- Plan ahead.
 - Plan your chores and daily activities ahead of time.
 - Space them out throughout the day and week. You do not have to do everything in one day.
 - Whenever you can, sit to work or do daily chores.
 - Keep things you use the most within reach.
 - Prepare bigger meals and freeze portions to save preparing meals another day.
- Use things that help conserve energy.
 - Choose clothes that have zippers instead of buttons. Make sure the zipper is in the front and not the back.
 - Use long-handled tools to make reaching easier.
 - If needed, use a walker, shower chair and bedside toilet.
 - Choose light weight house hold or kitchen items. For example, choose aluminum pots and pans instead of cast iron.



- Avoid things that drain energy, such as:
 - Doing chores or activities right after you eat
 - Doing intense physical activity
 - Lifting, stretching, or any other strenuous arm movement
- Ask for help.
 - Ask those you live with to share in doing the daily tasks and household chores.
 - Ask family and friends to help out.

Get enough sleep

- Practice good sleep habits.
 - Have a regular bedtime.
 - Relax before bedtime.
 - If you cannot get to sleep within 30 minutes, get up and read or watch TV.
 - Only use your bed for sleeping and intimacy. This means get out of bed to read or watch TV.
- If you get short of breath lying down, prop yourself up with pillows.
- If you get up often to go to the toilet, talk to your health care provider. Your medications might need adjusting.

Take care of your physical health

- Keep in contact with your health care team.
- Getting sick can be deadly when you have heart failure.
 - Get a flu shot every year.
 - Get a pneumonia shot.



Check your weight every day

Why?

- Checking your weight every day lets you know if your body is retaining fluid.
- Excess fluid build up in your body makes your heart work harder.
- When you report weight gain early to your health care provider, they can help you prevent your heart failure from getting worse. This can help prevent a hospital admission.



If your weight increases by:

- More than 2 kg (4 lb) in two days, or
- More than 2.5 kg (5 lb) in 1 week.



You are retaining fluid.
You should call your health care provider.

Heart Failure Zones

EVERY DAY

EVERY DAY

- Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
- Keep the total amount of fluids you drink to only 6 to 8 glasses each day. (6-8 glasses equals 1500-2000 mL or 48-64 oz)
- Take your medicine exactly how your doctor said.
- Check for swelling in your feet, ankles, legs, and stomach.
- Eat foods that are low in salt or salt-free.
- Balance activity and rest periods.



Which zone are you in today?

GREEN SAFE ZONE

ALL CLEAR – This zone is your goal!

Your symptoms are under control. You have:

- No shortness of breath.
- No chest discomfort, pressure, or pain.
- No swelling or increase in swelling of your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.



YELLOW CAUTION ZONE

CAUTION – This zone is a warning

Call your Health Care provider (eg. Doctor, nurse) if you have any of the following:

- You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.
- You have vomiting and/or diarrhea that lasts more than 2 days.
- You feel more short of breath than usual.
- You have increased swelling in your feet, ankles, legs, or stomach.
- You have a dry hacking cough.
- You feel more tired and don't have the energy to do daily activities.
- You feel lightheaded or dizzy, and this is new for you.
- You feel uneasy, like something does not feel right.
- You find it harder for you to breathe when you are lying down.
- You find it easier to sleep by adding pillows or sitting up in a chair.



Healthcare Provider: _____ Phone Number: _____

RED DANGER ZONE

EMERGENCY – This zone means act fast!

Go to emergency room or call 9-1-1 if you have any of the following:

- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted.



Why People With Heart Failure Should Exercise

Exercise for your health

Exercise is a planned physical activity. All types of exercise involve increasing the heart rate and strengthening muscles. Exercise is intended to improve or maintain fitness or health.

Why exercise is important

No matter how old you are, exercise benefits your heart failure in a number of ways.

Exercise helps you to:

- ✓ Sleep better
- ✓ Feel less tired
- ✓ Breathe better
- ✓ Lower your blood pressure
- ✓ Strengthen your muscles and bones
- ✓ Reduce stress and tension
- ✓ Reduce feelings of anxiety or depression

When you increase your fitness and health, you improve your quality of life.

Types of exercise

Some exercises focus more on increasing the heart rate and blood flow. Others focus on increasing strength. Many exercises are a combination of both.

Aerobic exercise

Any steady physical activity that increases your heart rate for at least 10 minutes is an aerobic or cardiovascular exercise ('cardio' meaning heart, 'vascular' meaning blood flow). Aerobic exercise improves your body's ability to use oxygen. Over time, your heart will not have to work as hard as it did. You can do more and feel better!

Strength exercise

Any time you contract a muscle against resistance such as weight or gravity is a strength exercise. Once you have a routine of aerobic exercise, adding strength exercise can improve your overall fitness.



Getting started

- **Always check with your healthcare provider** first before starting an exercise routine.
- Choose an exercise you enjoy.
Examples of aerobic exercise: walking outside or on a treadmill, using an exercise bike, swimming.
Examples of strength exercise: doing wall push-ups, doing leg lifts, using resistance tubing, lifting free-weights.
- Check your **Heart Failure Zone** before you start every exercise session.
- Exercise only if you are in the 'Green Zone'.
- Start slowly with what you can do (not what you think you should do) and pace yourself.
- Aim to exercise most days of the week.
- Aim to exercise for at least 30 minutes each day.
- Take rest breaks when you need them.



Keep your sodium intake to less than 2000mg each day.

As you gradually reduce the amount of salt you are eating, your taste buds will adjust!

How do I know how much sodium is in food?

Here are some helpful tips when reading the nutrition label:

- Look at the serving size – the amount of sodium listed is **per serving** (not the whole package).
- Keep track of the total amount of sodium you eat. Remember: Your maximum recommended daily amount of sodium is **no more than 2000mg per day from all sources**.
- Keep the sodium content of each meal below 650mg – this helps spread out your sodium intake over the day preventing excessive thirst and/or fluid retention.
- By law, foods labelled 'low sodium' must contain 140mg or less per serving.

Other ingredients high in sodium include:

baking soda, brine, monosodium glutamate (MSG), soy sauce, fish sauce, garlic salt, celery salt, or any ingredient with 'sodium' as part of its name.

Nutrition Facts			
Serving Size: Per ½ cup (125ml)			
Amount		% Daily Value	
Calories 140			
Total Fat 0.5g		1%	
Saturated Fat 0.2g			
+ Trans Fat 0g		1%	
Cholesterol 0mg		0%	
Sodium 390mg		16%	
Total Carbohydrate 28g		9%	
Dietary Fibre 5g		20%	
Sugars 9g			
Protein 7g			
Vitamin A	2%	Vitamin C	0%
Calcium	8%	Iron	15%

Look what happens to the sodium content of foods when they are processed

Unprocessed	Processed
Cucumber 7 slices = 2mg	Dill pickle 1 medium = 569mg
Chicken Breast 3oz = 74mg	Chicken Pie 1 serving frozen = 889mg
Tomato 1 small = 14mg	Tomato Soup 1 cup = 960mg
Pork Tenderloin 3 oz = 58mg	Ham 3oz = 1095mg