HEART FAILURE: MORE THAN JUST YOUR HEART

Managing heart failure has many parts. You may need to change your daily life to help you feel better. Use this plan to identify the most important parts of your heart failure management to focus on now. Remember that these may change over time.

Your plan might include any of the following actions:

**TAKE medicines:**
- as prescribed by your doctor
- to treat heart failure every day, even when you feel well
- to reduce too much fluid in your body, when needed
- safely and know when your dose needs to change

**KNOW when:**
- your heart failure is worsening and who to contact for help
- to see a health professional
- it's time to slow down or seek medical assistance

**MONITOR:**
- daily salt intake
- daily fluid intake, including fluids in food like fruit and ice cream
- body weight for signs of gain or loss
- smoking and alcohol intake
- and discuss any tests or investigations you need

**MOVE:**
- often and build up gently in a way that is safe and suitable for you
- in a cardiac rehabilitation program if needed
- knowing when it's time to slow down or seek medical assistance

**CONNECT with:**
- family or friends regularly
- a support group for people with heart failure
- mental health support if needed

To learn more about heart failure, download the booklet *Living Well with Heart Failure* from the Heart Foundation website ([www.heartfoundation.org.au/conditions/heart-failure](http://www.heartfoundation.org.au/conditions/heart-failure)).

If you do not have a current medicines list, go to [www.nps.org.au/medicineslist](http://www.nps.org.au/medicineslist) and download or print one today. Or download the free MedicineWise app from Google Play or the App Store. Fill out your medicines list with your trusted health professional and always have it with you. Keep it in a place that is always accessible to you and anyone who cares for you.

**CALL 000 AND ASK FOR AN AMBULANCE IF YOU (OR SOMEONE YOU CARE FOR) HAVE ANY SYMPTOMS OF A HEART ATTACK. COMMON SYMPTOMS INCLUDE:**
- pain, pressure, heaviness or tightness in the chest, arm, back, jaw, neck or shoulder, dizziness, or difficulty breathing.

Go to [www.heartfoundation.org.au/conditions/heart-attack](http://www.heartfoundation.org.au/conditions/heart-attack) to find out more about the warning signs of a heart attack.

If you have any concerns about your medicine or symptoms, please contact your GP urgently.
Managing heart failure: putting the pieces together

Take medicines
My medicines list has all the medicines that I need to take for my heart failure and other conditions.

I need to see _____________________________ (name of health professional) if I notice that:

(eg, symptoms, side effects, etc)

Move
My goal is to ______________________________________ every day and/or ______________________________________ every week

I will reach this goal by (provide details to safely improve fitness)

I need to see _____________________________ if this activity is making me feel:

(eg, signs and symptoms, etc)

Monitor
To feel better, I need to:

(eg, weight loss, daily fluid limit, daily salt limit, stop smoking)

I will do this by:

(eg, dietary changes, programs and support services, required tests and investigations)

I need to see _____________________________ if these changes are making me feel:

(eg, signs and symptoms, etc)

Know
What’s ‘normal’ for me and not concerning (weight, activity level, fatigue, etc)

I need to see my GP within 24 hours if:

(eg, new or worsening symptoms, a specific amount of weight gained over a period of time)

Connect
After this appointment I will connect with:

- cardiac rehabilitation group
- (Heart Foundation) walking group
- family or friends
- support group
- other

Details:

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