

Your Heart Failure Results

To help stay well with Heart Failure

These are some examples of things that can help people stay well with their Heart Failure:

Get to know your usual symptoms

Keep a record of your weight

Take your medication as prescribed

Tell your doctor if you struggle with daily tasks

Tell someone if you feel low or anxious

Stop smoking

Learn how to manage your breathlessness

Keep a healthy weight

Report any additional swelling

Pace yourself

Get vaccinated against Flu every year and once only against Pneumonia

Monitor your pulse rate

Stay active where possible

The purpose of this leaflet is to help you know what your results mean, and to help you consider your options.

Heart Failure is the name given to describe a set of symptoms that occur when the heart fails to get as much blood and oxygen around the body as it should. These symptoms include swelling, shortness of breath and tiredness.

Monitoring your symptoms

If you become more breathless, and gain fluid weight (more than 1½ to 2kgs (3 to 4 lbs) in 2 days) you should contact your doctor or nurse if you don't already have a plan for dealing with this.

Smoking: smoking increases the work the heart has to do and reduces the amount of oxygen in the blood. Giving up smoking is the most important thing you can do to protect your heart and improve your symptoms

You can get support to stop smoking from:

Your GP practice

Smoking cessation advisors

Medication

Support groups

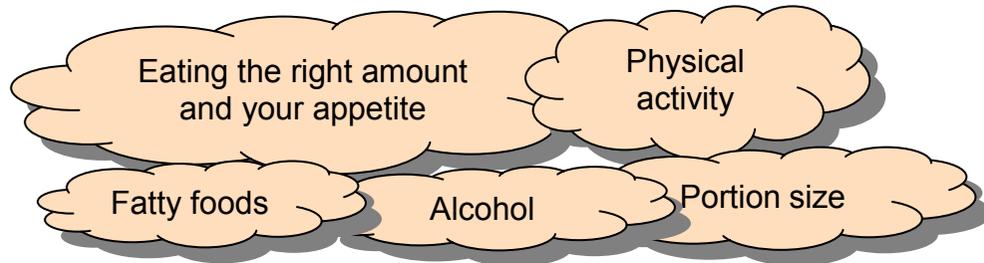
How does your Heart Failure affect you?

Weight: If you have Heart Failure being overweight or underweight can be a concern.

Your **Body Mass Index (BMI)** compares your height to your weight. A BMI between 19 and 25 is a healthy weight.



There are lots of things that can affect your weight



Swelling: If you gain 1½ to 2kgs (3 to 4lbs) in 2 days you may be gaining extra fluid . Adjusting your medication can improve this.

How would you describe your swelling ?

1	No swelling
2	Mild – this gets better after rest
3	Some swelling below my knee
4	I have swelling and extra fluid above my knee but not into my abdomen
5	I have swelling up to and around my stomach area

Breathlessness score

Circle the number which describes you best

1	I am not troubled by tiredness or breathlessness and I can do everything I want
2	I can't do as much as I used to. I get breathless more than usual when doing everyday things such as gardening or shopping
3	I get breathless doing most things (such as washing and dressing) but I do not get breathless when I am resting.
4	I get too breathless to do simple tasks and become out of breath even when I am sitting down .

Tiredness score

Circle the number which describes you best

1	Not tired
2	I feel tired after small amounts of activity such as walking down the stairs or showering
3	I feel tired after washing or dressing
4	I feel tired getting up from a chair or just pottering around the room
5	I feel tired even sat in a chair

Your Mood: How you feel can make a big difference to your health. If are bothered by feeling down, anxious or hopeless you may wish to discuss these things at your appointment.