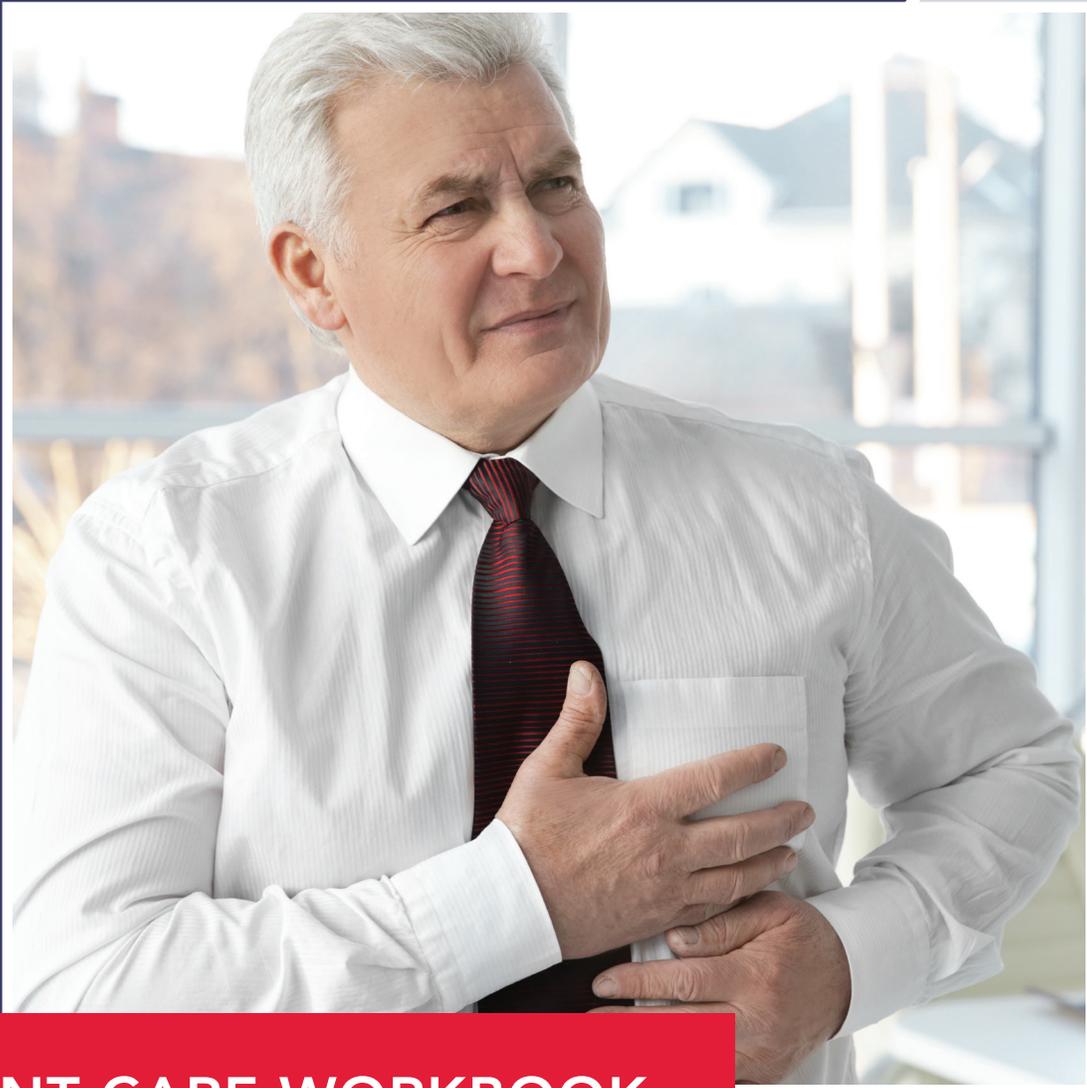


Heart Failure



PATIENT CARE WORKBOOK

What is Congestive Heart Failure (CHF)?

Heart failure does not mean that the heart has stopped. It means that the heart muscle is not pumping as well as it should. This results in less blood, nutrients, and oxygen being pumped from your heart to your body. Blood begins to back up in the blood vessels because the blood is not moving forward. Therefore, blood (fluids) may back up into the lungs, legs, and/or abdomen causing shortness of breath and swelling (edema).

Types of Heart Failure

- Left-sided Heart Failure: Blood backs up into the lungs making it hard to breathe.
- Right-sided Heart Failure: Blood backs up into veins, causing swollen legs and feet.

Causes of Heart Failure

Heart failure often develops after other conditions have damaged, weakened, or strained the heart muscle.

Common causes of CHF:

- Coronary artery disease
- An enlarged heart (Cardiomyopathy)
- Inflamed heart muscle (Myocarditis)
- Heart valve problems
- High blood pressure
- Lung disease and pulmonary issues

What Makes CHF Worse?

- Eating salt
- Missing/skipping your medications
- Some diabetic medications
- Aleve
- Advil
- Steroids
- Untreated sleep apnea

What is Ejection Fraction (EF)?

Ejection Fraction (EF) is a test that determines how well your heart pumps with each beat.

EF is usually expressed as a percentage. A normal heart pumps a little more than half the heart's blood volume with each beat.

A normal EF ranges from 55-70%. An EF of 65, for example, means that 65% of the total amount of blood in the left ventricle is pumped out with each heartbeat.

The EF may be lower when the heart muscle has become damaged due to a heart attack, heart muscle disease (cardiomyopathy), or other causes.

An EF of less than 40% may confirm a diagnosis of heart failure. Someone with diastolic failure can have a normal EF.

An EF of less than 35% increases the risk of life-threatening irregular heartbeats that can cause sudden cardiac arrest (loss of heart function) and sudden cardiac death. An implantable cardioverter defibrillator (ICD) may be recommended for these patients.

Your EF can go up and down, based on your heart condition and the therapies that have been prescribed for you.

EF measurement:

33-70%

40-55%

Less than 40

<35%

What it means:

Normal

Below Normal

May confirm diagnosis of heart failure

Patient may be at risk of life-threatening irregular heartbeats.

How is EF measured?

EF can be measured in your doctor's office during tests such as:

- Ultrasound of the heart (echocardiography) – used most often
- Cardiac catheterization
- Magnetic resonance imaging (MRI) scan of the heart
- Nuclear medicine scan (multiple gated acquisition of MUGA) of the heart; also called a nuclear stress test
- Computerized tomography (CT) scan of the heart.

Your EF can help your doctor determine the best course of treatment for you and the effectiveness of the therapies that have been prescribed. You should have your EF measured initially when you are first diagnosed with a heart condition, and again as needed, based on changes in your condition. Ask your doctor how often you should have your EF checked.

My Ejection Fraction:

Managing Heart Failure

This booklet was put together to help you understand your role ("self-care") in keeping your heart failure under control.

Self-care includes these 7 steps:

- 1) Know when to get help.
- 2) Take your medications as prescribed.
- 3) Weigh yourself daily.
- 4) Eat a low-sodium diet.
- 5) Limit your fluid intake.
- 6) Stay active.
- 7) Keep your follow-up appointments.

Know When to Get Help

Call your doctor if you have any of these symptoms of heart failure:

- Have trouble breathing or often feel short of breath
- Wake up suddenly with trouble breathing
- You have to sleep sitting up or propped up with extra pillows
- Your heartbeat is racing or you feel you might pass out
- Gain or lose 3 or more pounds in 1 day or 5 pounds or more in 1 week
- Have to go to the bathroom often at night
- Have a cough that won't go away. Or your chest feels congested (clogged up)
- Feel more tired than usual or have trouble doing your everyday activities
- Lose your appetite or feel like you might throw up
- Your belly feels full or bloated
- Feel confused or have memory loss
- Have swelling in your feet, legs, or hands

Get emergency medical help right away if you:

- Faint
- Have a fast and uneven heartbeat (especially if you have other symptoms too)
- Have severe chest pain or discomfort

Heart-Healthy Eating with Less Salt

Sodium is another word for salt. Most adults should eat no more than 1500mg of sodium a day. Eating less salt may help lower your blood pressure and reduce your risk for heart disease. Use these tips to cut down on much salt you eat:

- Compare food labels and choose the foods with the least amount of salt (sodium)
- Choose low-salt or no-salt options for sauces and seasonings
- Eat fewer lunch meats and hot dogs, which are high in salt
- Do not cook with salt
- Cook with unsalted or low-sodium bouillon cubes
- Season food with lemon juice, vinegar, herbs, and spices
- Eat more fruit and vegetables
- Pick the no-salt version of canned and frozen fruits and vegetables
- Snack on fruit and raw vegetables instead of chips or salted nuts
- Taste your food before you add salt
- Remove the salt shaker from the meal table

Top 10 sources of sodium in today's diet:

- Bread and rolls
- Cold cuts and cured meats
- Pizza
- Soups
- Some commercial poultry or pork products
(Check the label for added sodium.)
- Sandwiches
- Cheese
- Pasta dishes
- Meat dishes
- Snacks

Learn how to read food labels:

All US-packaged foods and beverages have a Nutrition Facts label, which tells you how much sodium the food contains. This can help you make lower-salt food choices.

The % Daily Value tells you how much of a nutrient you need each day is in one serving of that food. It is based on a daily diet of 2000 calories.

Talk with your healthcare provider about creating a daily food plan that works for you.

My sodium goal is: _____

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	14%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

20% or more Daily Value means a food is high in sodium.

5% or less Daily Value means a food is low in sodium.

Fluid Restriction

Why do I need to limit fluids?

Congestive heart failure is a condition where your heart is not effectively pumping blood (fluids) throughout the body. This causes fluid to back up into the lungs, legs, and abdomen resulting in shortness of breath and swelling (edema).

To manage your heart failure (CHF), your doctor prescribes medications that help your body get rid of the excess fluid. He also prescribes a low sodium diet to prevent excess fluids from accumulating in your body.

Limiting your fluid intake is important because:

- Too much fluid intake will add to the problem of fluid retention
- Your medications will not be as effective against excess fluid intake
- Your body is already congested with fluids, so adding too much fluid will make your symptoms worse
- Too much fluid intake will make your heart work harder

Think about a 2 liter soda bottle as your guide to your maximum daily fluids for one day!

Exercise Program

Moving will help you have more energy and feel better. Start with 10 minutes of exercise each day and build up. Stop exercising if you feel chest pain, become dizzy or severely short of breath. Don't be afraid to discuss your ability to have sex with your doctor.

Follow-up Appointments

Keep all your medical appointments.

Bring your current medication list and weight log each time you visit the doctor.

RESOURCES

www.mana.md