

Heart Failure: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.



Understand Your HF

- ▶ How serious is my heart failure?
Mild Moderate Severe

- ▶ In what ways does having heart failure increase my health risks?

- ▶ How likely is it that having HF will worsen the effects of other conditions I may have?

- ▶ Would any of the following lifestyle changes help me to better manage the progress of HF?
Managing weight
Quitting smoking
Making other important changes?



Identify Your HF Needs

- ▶ Am I a candidate for HF cardiac rehab?
Yes No

- ▶ Are there any additional tests we need to do to learn more about my heart function? If so, which ones?



Explore HF Treatment

- ▶ What are the most important things I can do to manage my HF?

- ▶ What should I expect in the coming weeks, months or years?

- ▶ Are there any activities that are off limits for me at this time? (List specific concerns you may have, such as exercise, sex, housework.)

- ▶ What treatment options should I be thinking about for managing my HF?



What are my treatment goals at this time?

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

Symptoms of HF

▶ Should I be tracking and reporting my symptoms to you?

Yes (instructions below) No

▶ What symptoms or problems would you want me to notify you about?



Questions About Medication

▶ Will I be taking a medication(s) for HF?

Yes No

▶ What should the medication(s) do?

▶ What will happen if I don't take the prescribed medication(s)?

Learn to recognize and manage symptoms of HF.



Shortness of breath



Chronic coughing or wheezing



Build-up of fluid (edema)



Fatigue or feeling lightheaded



Nausea or lack of appetite



Confusion or impaired thinking



High heart rate