

RESOURCE INFORMATION

My doctor is _____ Phone number _____

Pharmacy _____ Phone number _____

Hospital: Owensboro Medical Health System (OMHS)
270-688-2000

Emergency Room: 270-688-2911

Dietitian: 270-688-2950

Heart Failure Disease Management Program through
OMHS Call Center: 1-270-685-7776

HealthPark: 270-688-5433

Home Health: _____ Phone number _____

Nurse: _____

Smoking Cessation – Cooper Clayton 270-688-0808



Owensboro
Medical Health System
www.omhs.org

TABLE OF CONTENTS

Congestive Heart Failure	4
Risk Factors of Heart Failure	5
Daily Weights	6
Signs & Symptoms of Congestive Heart Failure	7-8
Blood Pressure	9
Fluid Control	10
Low Salt Diet Tips	11-18
Medications for Congestive Heart Failure	19-20
Activity Level	21
Stop Smoking	22
Things I Can Do	23
Things You Need to Know Before You Go Home	24
Resources	25
Questions for Your Doctor	26

PATIENT EDUCATION BOOK

This booklet is designed to serve as a guide for you and your family living with Congestive Heart Failure. You as the patient, your family, the hospital staff and your doctor are all an important part of the health care team. Learning about CHF and following the guidelines in this booklet will assist you in understanding and managing your care.



CONGESTIVE HEART FAILURE **(CHF, HEART FAILURE)**

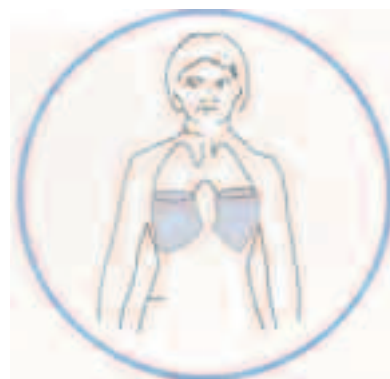
What is Congestive Heart Failure...

Congestive Heart Failure (CHF) does not mean that your heart is “failing”.

- Heart failure means the heart cannot pump the blood well.
- When your heart doesn't pump well, it can make you feel weak, tired, or dizzy.
- Heart failure causes water to leak out of your blood vessels. This water can fill up your lungs and make you short of breath. It can also cause your legs, hands, feet and abdomen to swell.



Water in legs causes swelling.



Water in lungs can make you short of breath.

RISK FACTORS OF HEART FAILURE



High Blood Pressure



Irregular Heart Beat



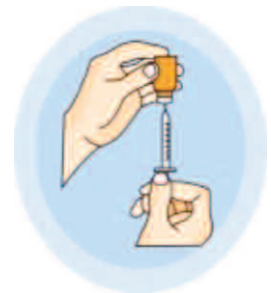
Lung Disease



Eating lots of Salt



Heart Attack!
Clogged or Blocked
Arteries



Diabetes



Drug/Alcohol Abuse



Infection



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Heart Valve Problems
Birth Defects



WEIGH YOURSELF EVERY DAY

The best way to watch for fluid build up is to weigh yourself daily. You may gain fluid without noticing swelling.

1. To monitor your weight, you should weigh yourself every morning, on the same scale, wearing the same amount of clothing.
2. Weigh yourself first thing in the morning and after you've gone to the bathroom.
3. Write down your weight every day.

Call your doctor for weight gain of 3 pounds in 1 day or 5 pounds in a week.

WHEN SHOULD I CALL MY DOCTOR?

You should call your doctor if you have one or more of these symptoms.



1. Weight gain of 3 pounds in 1 day or 5 pounds in a week.
2. Shortness of breath that is worse or shortness of breath at rest.
3. Swelling in legs, feet, hands, or abdomen.
4. Feeling tired all the time, which keeps you from your normal activities.
5. Bloating/full feeling in your stomach and/or loss of appetite.
6. Dry or wet hacking cough.
7. Harder to breathe while lying down or unable to rest. You may notice you need to prop up on more pillows for comfort.
8. Feeling dizzy or lightheaded.

911 SYMPTOMS

1. Chest discomfort or pain that lasts more than 15 minutes and is not any better after resting or taking nitroglycerin!
2. Unable to catch your breath!
3. Fainting or passing out!
4. Fast or irregular heartbeat!
5. Coughing up pink or white foamy sputum!

Contact Information

Doctor _____ Phone _____

Doctor _____ Phone _____

Pharmacy _____ Phone _____

Home Health Nurse: _____ Phone _____

BLOOD PRESSURE



Many people with heart failure also have other medical conditions like high blood pressure (hypertension).

High blood pressure makes the heart work harder, so high blood pressure can make people with heart failure feel worse and have more problems.

If you have high blood pressure and are taking medicines to keep it normal, be sure to take your medicines as instructed by your care provider.

American Heart Association defines High Blood Pressure in adults as 140/90.



Do you know your blood pressure reading? _____



FLUID CONTROL

Your doctor may place you on a Fluid Restriction. **Remember that 2 cups of retained fluid is equal to 1 lb of fluid weight gain.** This chart will help you to keep up with your fluid intake. Your individual fluid restriction is _____.

FLUID MEASUREMENTS

(1 ml = 1 cc)

1 cup = 8 ounces = 240 cc

Approximately 4 cups = 32 ounces = 1000 cc

5 cups = 40 ounces = 1200 cc

7.5 cups = 60 ounces = 1800 cc

Approximately 8 cups = 64 ounces = 2000 cc

ITEMS THAT COUNT AS FLUIDS

Water	Milk	Cream	Non-dairy creamer
Alcohol	Jello	Ice cream	Sherbet
Soft drinks	Sorbet	Popsicle	Soup/Broth
Coffee	Fruit Drink	Fruit juice	Vegetable juice
	Tea	Ice cubes	

HINTS FOR FLUID CONTROL

1. Eat allowed fruits and vegetables ice cold between meals.
2. Try lemon wedges, sour hard candies, or chewing gum to stimulate saliva and moisten a dry mouth.
3. Rinse your mouth with mouthwash.
4. Chew on ice cubes.
5. Use small cups and glasses for beverages.
6. Freeze allowed beverages in ice cube trays.
7. Drink in sips instead of gulps.
8. Measure fluid allotment for the day and store in the refrigerator.
9. Keep home well humidified.

LOW SALT DIET TIPS

Most people with Heart Failure should cut their salt down, even if they do not have symptoms. Following a low-salt (sodium) diet will help keep water from building up in your body and may even help you from having to take some medications. Your doctor may recommend a low salt diet of 2000 mg.

Remember where salt goes fluid goes.



Here are some hints!
(per American Heart Association)



1/4 teaspoon = 600 mg sodium
1/2 teaspoon = 1200 mg sodium
3/4 teaspoon = 1800 mg sodium
1 teaspoon = 2400 mg sodium
1 teaspoon baking soda = 1000 mg sodium

Make changes slowly.

Keep a list of low-salt (sodium) foods.

When preparing a meal, no more than 600 mg of salt per meal.

Check with your doctor before using a salt substitute.

1. Stop adding salt to food.
Take the salt-shaker off of the table.
Don't add salt when cooking. } this can cut salt down
30% or 1/3 teaspoon.
2. Pick foods naturally low in salt:
Fresh fruits, vegetables, meats and canned products that state
"No Added Salt"
3. Learn to read Food Labels.

SODIUM CONTENT OF SOME COMMON FOODS



Milk, skim	1 Cup	135 mg
Buttermilk	1 Cup	371 mg
Apple	Medium	1 mg
Fruit Cocktail	1/2 Cup	7 mg
Green Beans, Frozen	1/2 Cup	9 mg
Green Beans, Canned	1/2 Cup	170 mg
Green Beans, Fresh	1/2 Cup	2 mg
Dill Pickle	1 Medium	928 mg
Pork Loin	3 1/2 oz.	51 mg
Ham	3 1/2 oz.	1255 mg
Bread	1 slice	123 mg
Rice, Plain	1 Cup	0 mg
Rice, Mixes	1/2 Cup	537 mg
Soup, Chicken Noodle	1 Cup	1107 mg
Bacon*	3 Slices	303 mg
Sausage*	1.1 oz.	349 mg
Ground Beef*	3 oz.	77 mg

*Reference: Bowes & Church's Food Values of Portions Commonly Used 18th Edition by Jean A. T. Pennington and Judith Spungen Douglass

1. Start Here →

2. Check Calories

3. Limit these Nutrients

4. Get Enough of These Nutrients

5. Footnote

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

6. Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

1. The Serving Size describes how much food is in one serving. All information on the label is based on serving size. The Servings Per Container should be reviewed carefully because it shows how much sodium, fiber, protein, fat, etc., in each serving. This package contains 2 servings.

2. Look at how many calories in a single serving and the number of calories from fat.

3. Eating less of total fat, cholesterol, and sodium may help reduce your risk for heart disease, high blood pressure, and cancer. Try to increase dietary fiber in your diet and lower the intake of sugars.

4. Eat more fiber, vitamin A and C, calcium, and iron to maintain good health.

5. The Footnotes (Daily Values) for diet of 2,000 or 2,500 calories appear on the lower half of the food label. These numbers list the recommended limits of nutrients for each day. Your calorie needs may vary from these.

6. The Quick Guide to % Daily Value can be used as a tool. Five percent or less is low. Try to aim low in total fat, saturated fat, cholesterol, and sodium. Twenty percent or more is high. Try to aim high in vitamins, mineral, and fiber.

Sodium is salt

Label Claim	Definition
Light in Sodium	50% less sodium
Sodium Free	Less than 5 mg sodium**
Very Low Sodium	35 mg or less sodium**
Low Sodium	140 mg or less sodium**



Per reference amount (standard serving size). Some claims have higher nutrient levels for main dish products and meal products, such as frozen entrees and dinners.

** Also per 50 g for products with small serving sizes (reference amount is 30 g or less or 2 Tbsp. or less).



Low-salt spices, herbs, and seasonings

Allspice	Basil	Bay leaves	Black pepper
Cayenne pepper	Celery pepper	Chili powder	Chives
Cinnamon	Cloves	Cocoa powder	Cumin
Curry	Dill	Dry mustard	Flavored extracts
Fresh garlic	Garlic powder	Ginger	Lemon juice
Low-salt ketchup	Nutmeg	Onion powder	Oregano
Paprika	Parsley	Pimento	Red pepper
Sage	Salt substitute *	Tabasco pepper	Thyme vinegar
Ms. Dash			

*Ask MD if appropriate before using



High-salt spices and seasonings.

Alfredo mixes	Barbecue sauce	Celery salt	Cocktail sauce	Marinade mixes	Salad dressing mixes
Fish sauce	Garlic salt	Generic sauce mixes	Horseradish	Kosher salt	Lite salt
Lite/regular soy sauce	Meat tenderizer	MSG	Onion salt	Pickle relish	Plum sauce
Poultry seasoning	Regular ketchup	Salt	Sea salt	Seasoned salt	Teriyaki & Worcestershire sauce
Steak sauces	Stir fry mixes	Stir fry sauce	Taco sauce	Taco seasoning	



DINING OUT



- Be an informed diner. Ask the waiter/waitress about food preparation and ingredients used to prepare the food.
- Avoid selecting foods prepared with gravy, soy sauce, MSG (monosodium glutamate), or that are cured or smoked.
- Do not touch the salt shaker on the table.
- Choose fresh fruit, juice, or salad with oil and vinegar to start the meal.
- Order salad dressing on the side. Use sparingly. Better yet, order oil and vinegar
- Avoid olives, pickles, croutons, bacon bits, cheese, mayonnaise, cream-based or marinated salads.
- Choose an entrée that is grilled, baked, or broiled.
- Select “plain” foods such as whole grain breads (instead of muffins or croissants), baked or boiled potatoes, plain rice or pasta.
- Need dessert? How about fresh fruit or fruit salad, gelatin, or angel food cake.

LOW SODIUM DIET (2,000 MG OR 2 GRAMS)

FOODS ALLOWED

Beverages

Coffee, tea, soft drinks
Low sodium vegetable juice
Regular fruit juices

Breads, Cereals and Grains

Hot cereal without salt
Puffed rice, puffed wheat, shredded wheat cereals
Low sodium crackers
Tortillas
Unsalted rice, barley, pasta
Unsalted air popped popcorn, pretzels, corn or tortilla chips

Limit to 6 servings per day:

White, wheat, rye or pumpernickel bread, dinner rolls, muffins, pancakes, unsalted crackers and breadsticks, homemade bread dressing

Vegetables

All fresh and plain frozen vegetables
“No salt added” canned vegetables
Rinsed and drained regular canned vegetables
Fresh white or sweet potatoes
Unsalted tomato paste
Low sodium tomato sauce

Fruits

All fresh and frozen fruits

Milk

Limit to 2 servings per day:

Milk, chocolate milk, yogurt, frozen yogurt

Meats and Meat Substitutes

Fresh or frozen beef, lamb, pork and poultry
Fish and most shellfish: canned tuna or salmon that has been rinsed
Eggs and egg substitutes
Low-sodium cheese
Unsalted or low salt peanut butter
Homemade dried beans or peas
Frozen dinners with less than 600 milligrams of sodium

Limit to one serving per day:

(1/2 cup) cottage or ricotta cheese
(1 oz.) Swiss or mozzarella cheese

Fats

Butter or margarine
Vegetable Oils
Unsalted nuts
Homemade salad dressing

Limit to one serving per day:

Salad dressings, mayonnaise, or cream cheese

Soups

Low sodium or homemade broths, soups with fresh or frozen vegetables

LOW SODIUM DIET (2,000 MG OR 2 GRAMS)

FOODS TO AVOID

Beverages

Instant cappuccino, hot cocoa mixes, and sports drinks (such as gatorade).

Breads, Cereals and Grains

Instant hot cereals

Bread, rolls or crackers with salted tops

Corn bread

Frozen waffles, pastries

Commercially prepared rice, pasta or bread dressing mixes

Salty snack

Vegetables

Sauerkraut, vegetables that have been pickled or prepared in brine

Vegetables seasoned with ham, bacon or salt pork

Commercially prepared potato mixes

Regular tomato sauce and paste

Fruits

Commercially dried fruits

Milk

Buttermilk

Meats and Meat Substitutes

Bacon, ham, sausage

Cold cuts, hot dogs

Chipped beef

Sardines, anchovies, marinated herring

Imitation seafood

Pickled meats

Frozen breaded meats

Pickled eggs

Processed cheese, cheese spread

Regular aged cheese

Fats

Bacon, bacon bits

Commercially prepared salad dressing

Dips made with dried soup mix or processed cheese

Tartar sauce

Salted nuts, olives

Canned gravy or gravy mixes

Soups

Regular canned or dehydrated soups

HEART FAILURE MEDICINES



The purpose of Heart Failure medications is to make you feel better and to treat the disease that is causing you to feel bad. For this reason, it is very important for you to take your medications as instructed by your doctor even if you are feeling better.



The main types of heart failure medications are:

1. ACE (angiotensin-converting enzyme) inhibitors lower blood pressure and decrease strain on the heart. This makes it easier for the heart to pump more blood without doing more work.
2. Beta Blockers help lower blood pressure and slow your heart rate. This lessens the work your heart has to do.
3. Digoxin helps your heart pump with more strength. This helps your heart pump more blood with each beat.
4. Nitrates help lower blood pressure and decrease how hard the heart has to pump.
5. Diuretics (water pills) help rid your body of excess fluid. Having less fluid to pump makes the heart's job easier. Getting rid of extra water can also help reduce swelling, bloating or shortness of breath. Some diuretics make your body lose a mineral called potassium. Your doctor will tell you if you need to take supplements or eat more foods high in potassium.

If you are taking all of your medicines and feel worse, be sure to tell your doctor before stopping any medications.





TIPS FOR MANAGING YOUR CHF MEDICATIONS



- **Take your medicine bottles with you to all doctor appointments and to the hospital.**
- Take all your medications as directed by your doctor
- Take the right amount of medications at the same time each day. A pill organizer or a written schedule may help you to remember when to take your medicine.
- Make sure you have enough of all your medicines. Do not run out or try to make a month supply last longer.
- Carry a list of your medicines in your wallet or purse. Use the Universal Medication Form.
- Tell your doctor and pharmacist about all medicines you take, over-the-counter medicines, home remedies, herbals, vitamins, and prescribed medications.
- If you miss a dose, do not take it with the next dose.
- If you cannot take your medicines for any reason, call your doctor immediately.
- Clarify any questions about your medicines with your doctor, nurse, or pharmacist.
- Do not take any over-the-counter medicines, herbals, or home remedies without asking your doctor or pharmacist. They may interfere with your prescribed medicine.
- Get your medicine from only one pharmacy.

ACTIVITY LEVELS AND GUIDELINES

Plan activities around two to three 20-30 minute rest periods every day. Do not overload or over work your heart.

If you experience one of the following symptoms during activities **STOP AND REST:**

- ❖ **Any change in your breathing (shortness of breath)**
- ❖ **Cough**
- ❖ **Chest Discomfort**
- ❖ **Pain**
- ❖ **Dizziness**
- ❖ **Fast Heart Beat (flutter, skips, palpitations)**
- ❖ **Extreme Weakness or Tiredness**



If symptoms are severe or do not go away after resting, call your doctor or go to the emergency room.

Avoid activities in extreme hot or cold outdoor temperatures or when you do not feel well.

Avoid tasks that require heavy lifting.

Check with your doctor before starting an exercise program. Exercise regularly following your doctor's guidelines. **Short walks are a good way to begin your exercise program.**

Ask your doctor about a Cardiac Rehabilitation Program.

Activities you may enjoy are bicycling, fishing, walking, gardening, swimming, aerobics, and many more.



Don't exercise beyond your outlined recommendations. Remember, "More is not always better".



IF YOU SMOKE OR DRINK ALCOHOL, YOU NEED TO



THESE ACTIVITIES CAN PLACE A STRAIN ON YOUR HEART.

If you have problems stopping, talk with your doctor.

Ask about the Cooper Clayton Smoking Cessation Class at the Healthpark or call 270-688-0808

Or visit: Freedom From Smoking
www.ffsonline.org

www.smokefree.gov

THINGS I CAN DO TO HELP ME LIVE WITH CONGESTIVE HEART FAILURE

Weigh Daily!

Monitor My Blood Pressure!



Exercise!

Eat A Heart Healthy Diet!



Watch My Fluid Intake As Ordered!

Avoid Tobacco Smoke and Alcohol!

Know Signs & Symptoms To Report!

And I Have To Take...

Medications as prescribed!

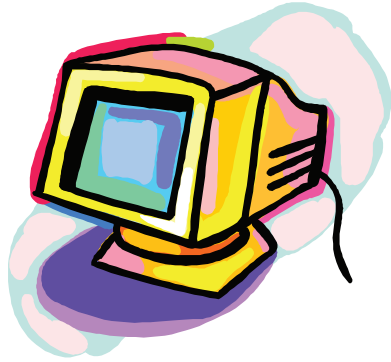


THINGS YOU NEED TO KNOW **BEFORE YOU GO HOME**

These are the things you NEED TO KNOW, BEFORE YOU GO HOME. It is very important that you get all of these important items checked off. Everyone involved in your care here, will work with you to do this before you go home.

- I understand the information that was given to me about my health condition.
- I have a scale to weigh myself at home
- I understand and agree to record my weight at the same time each day and call my doctor if I gain 3 pounds in one day or 5 pounds in a week. My discharge weight is _____
- I know what to do if my symptoms get worse
- I know what my medications do and why I need to take them
- I have a way to get my prescriptions filled today
- I know what number to call if I need help to stop smoking
- I know that I need to go see my doctor after I leave the hospital
- I understand what a low salt diet is and why it is important to follow one

OTHER RESOURCES



American Heart Association
www.americanheart.org

Freedom From Smoking
www.ffsonline.org

www.smokefree.gov

www.eatright.org

www.omhs.org

QUESTIONS FOR YOUR DOCTOR

Going to your doctor can be overwhelming at times and can make you nervous. You may forget what you want to ask and/or forget what your doctor tells you.

Use this sheet to write your questions.

Your Question

1. _____

The Answer

Your Question

2. _____

The Answer

Your Question

3. _____

The Answer

