



UNIVERSITY of MARYLAND
MEDICAL SYSTEM

Heart Failure

Patient Education Handbook

WHAT'S INSIDE

- What Causes Heart Failure?
- What You Can Do to Live Longer and Feel Better!
- Other Health Conditions
- Lifestyle Changes
- Exercise and Activities
- Enjoy A Healthy Diet
- Advanced Care Planning

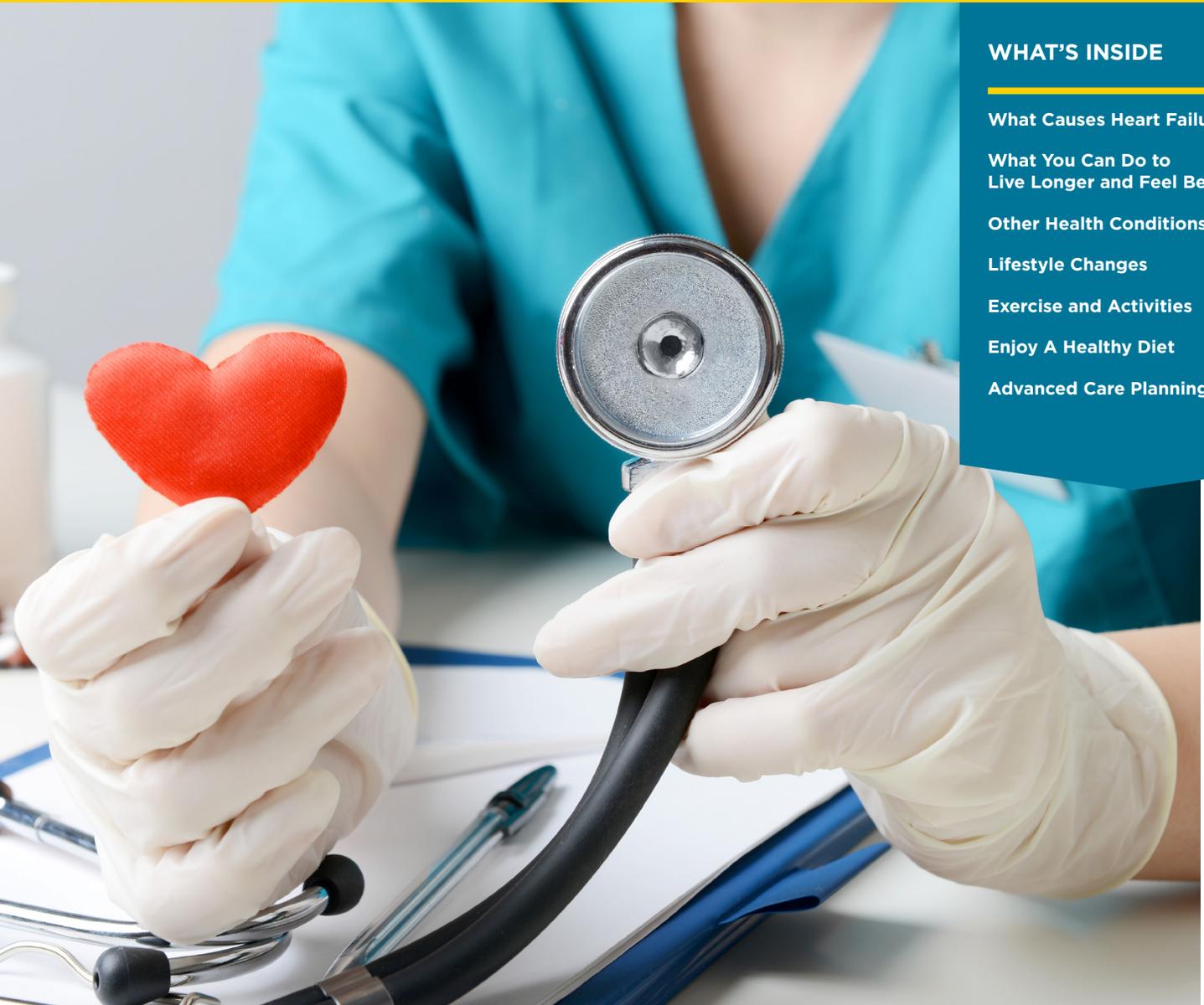


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This Book Belongs To



Telephone Contact List

CONTACT	NAME	PHONE NUMBER
Primary Care Provider		
Cardiologist		
Pharmacy		
Provider		
Provider		
Provider		
Emergency Contact		
Emergency Contact		

My Medication Form

NAME

DATE



PHARMACY NAME

PHARMACY PHONE NUMBER

DOCTOR NAME

DOCTOR PHONE NUMBER

Medication		Amount of Medicine (e.g. Number of Pills)					
Brand Name	Generic Name	Amount (mg)	Morning	Midday	Evening	Night Time	Special Instructions

My Medication Form

NAME

DATE



PHARMACY NAME

PHARMACY PHONE NUMBER

DOCTOR NAME

DOCTOR PHONE NUMBER

Medication		Amount of Medicine (e.g. Number of Pills)					
Brand Name	Generic Name	Amount (mg)	Morning	Midday	Evening	Night Time	Special Instructions

What is Heart Failure?

- Having heart failure means that your heart cannot pump blood as well as it used to. It does not mean your heart has stopped working or is about to stop working.
- When your heart does not pump well, it can make you feel weak, tired, or dizzy. It can also cause fluid to build up in your legs, feet, ankles, belly or lungs.
- Heart failure can be treated, and there are things you can do to feel better.
- Many people live with heart failure.

WHAT CAUSES HEART FAILURE?

Many things can cause heart failure. These are some common causes:

- High blood pressure or hypertension
- Heart attack
- Diabetes
- Problems with heart valves
- Heart infections
- Drugs and alcohol
- Genes (family history)

WHAT ARE THE TYPES OF HEART FAILURE?

There are two types of heart failure. One type is when the heart is **too weak** and the other is when the heart is **too stiff**.

We will measure your **ejection fraction (EF)** to help us decide which type of heart failure you have and the best treatment for you. Your EF is how much blood your heart pumps out with every beat. A normal EF is 50% to 75%. It is not 100%. We can measure your EF by doing an echocardiogram (echo) or by using other tests.

My Type of Heart Failure is:

- Reduced, which means **weak**
- Preserved, which means **stiff**

My Ejection Fraction (EF) is:

Ask your provider if you do not know.

DATE	EJECTION FRACTION (EF)

WEAK
Systolic Heart Failure OR
Heart Failure with **Reduced**
Ejection Fraction
(HFrEF, like “Hef-Ref”)

The heart muscle is weak. Weak hearts have trouble pumping as much blood as your body needs. Weak hearts have an EF of 40% or less.

STIFF
Diastolic Heart Failure OR
Heart Failure with **Preserved**
Ejection Fraction
(HFpEF, like “Hef-Pef”)

The heart is stiff. Stiff hearts have trouble filling with blood between heartbeats. Stiff hearts have a normal EF.

What You Can Do to Live Longer and Feel Better!



Weigh yourself every day.



Check your zone.



Take your medicines.



Drink the right amount of fluids.



Eat a low salt diet.



Move and stay active.



Go to your appointments.



Get help to quit smoking.

WEIGH YOURSELF EACH MORNING

- As soon as you wake up each morning, even on the weekends
- After you “pee” (urinate)
- Before you eat breakfast
- Before you get dressed (nude is best)
- Using the same scale. It must be on a hard, flat surface (not on a rug).

You can catch fluid build-up early by weighing yourself. Call before it gets worse!

- Call your provider if you gain 2 or more pounds since yesterday or if you gain 5 pounds in a week.
- Write down your weight every day. You can write it in your calendar, in an app on your phone, or on a piece of paper.
- Bring your weights with you to your clinic visits.

CHECK YOUR ZONE EVERYDAY!

 Keep up the good work!	 CAUTION! Call Now:	 WARNING! Dial 911 now!
<ul style="list-style-type: none"> - Feeling normal - Can breathe as well as usual - Weight gain less than 2 lbs. from yesterday - No swelling in feet, ankles, legs or belly - Can sleep as well as usual 	<ul style="list-style-type: none"> - Feeling dizzy, light headed or fatigued - More trouble breathing than usual - Gained 2 lbs. or more since yesterday or 5 lbs. in a week - Swelling in feet, ankles, legs or belly - Trouble sleeping flat, needing extra pillows or to sleep in a chair 	<ul style="list-style-type: none"> - Passing out or fainting - Suddenly cannot breathe or trouble breathing after sitting for 10 minutes - New chest pain that does not go away after sitting for 10 minutes

TAKE YOUR MEDICINES

Key Points:

- Take each of your medicines every day and at the right times.
- Do not skip doses, even if you feel good.
- Call your doctor when you have zero refills left.
- Never run out of your medications.
- Always keep an up-to-date list of your medicines and doses.
- Bring your medicines (including bottles) with you to clinic visits.
- Try to get all of your medications from the same pharmacy every time.

HOW DO MY MEDICATIONS HELP ME?

- Live longer
- Feel better
- Fewer hospital visits

TIPS FOR REMEMBERING TO TAKE YOUR MEDICINES

- **Keep taking your medicines**, even if you feel better. Feeling better is a sign that your medicines are working.
- **Skipping doses is dangerous.** Ask your health care provider what to do if you forget to take a dose.
- If you think you are having side effects, call your health care provider right away but keep taking all your medicines unless you are told not to.
- Are you having **trouble paying for your medicines?** Tell your health care provider or pharmacist. They might be able to help.

TAKE EACH MEDICINE AT THE RIGHT TIME EVERY TIME

It can be hard to remember to take all your medicines. Having a system can help you remember how and when to take your medicines.

- Use a **pill box**. We can show you how.
- Set an **alarm** on your phone to remind you. You can also download an app on your phone to remind you.
- Keep your medicines in a place that makes it easier to remember them, such as next to your toothbrush, in your kitchen, or on your bedside table.
- Keep an updated list of all the medications you take. Keep it with you at all times. You can also use a smartphone app to help you, like MediSafe or Mango Health.



MAKE SURE YOU ALWAYS HAVE ENOUGH MEDICINE

- Every time you pick up your medicines, **check the number of refills you have left**. It is on the bottle. Call your doctor **right away** if the bottle says “No Refills” or “Refills: 0.”
- Have your provider send a new prescription each time the dose is changed.

KNOW YOUR “WATER PILL” (DIURETIC)

- Your water pill is called a diuretic. The most common water pills are furosemide (Lasix®), torsemide (Demadex®), or bumetanide (Bumex®). Ask your health care provider which medicine is your water pill.
- Your water pill controls how much fluid you have in your body. The water pill will make you urinate or pee. This will help get rid of extra salt and water.
- You and your health care provider might change how much you take from one day to the next to help keep your body in balance and keep you out of trouble.



MY DIURETIC IS:

MEDICATIONS FOR A WEAK HEART (HFrEF)

If your heart is weak, some of the **most important** medications for helping you live longer, feel better, and stay out of the hospital are:

ACEi, ARB, or ARNI

Examples: Enalapril, lisinopril, candesartan, losartan, or sacubatril/valsartan (Entresto®)

My ACEi/ARB/ARNI is:

Beta Blockers

Examples: Bisoprolol, carvedilol, metoprolol succinate

My beta blocker is:

Aldosterone Antagonists

Examples: Spironolactone, eplerenone

My aldosterone antagonist is:

Your provider might add other medicines. They are:

Digoxin

- May make you feel better
- Keeps you out of the hospital

Hydralazine/Isosorbide Dinitrate (Bidil®)

*In select patients

- May make you feel better
- Keeps you out of the hospital
- Makes you live longer

Ivabradine (Corlanor®)

- Makes you feel better
- Keeps you out of the hospital



MEDICATIONS FOR A STIFF HEART (HFpEF)

Medications for a stiff heart depend on your other health problems. There are some medications that can make you feel better and/or keep you out of the hospital. Treating high blood pressure is very important. If you have swelling or shortness of breath, you might be asked to take a water pill. Talk to your health care provider if you have these symptoms.

MEDICINES YOU SHOULD NOT TAKE

Some medicines can make your heart failure worse. Do not take these medicines. Your provider or pharmacist can help you find the safest medicine for you. Always tell your provider all of the medicines or supplements you are taking, even ones that do not need a prescription.

WARNING! DO NOT TAKE

NSAIDS

- ibuprofen (Advil® or Motrin®)
- naproxen (Aleve®)

DECONGESTANTS

- pseudoephedrine
- phenylephrine (Sudafed PE®)
- oxymetazoline nasal spray (Afrin®)

THESE MIGHT BE SAFER
Ask your pharmacist
or provider first.

- acetaminophen (Tylenol®)
- saline nasal spray

Other Health Conditions

Many people with heart failure have high blood pressure, high cholesterol, diabetes, and sleep disorders. These can make heart failure worse. Talk with your health care provider about how to treat these problems. Several of your medicines that treat heart failure will also treat these other conditions.

High blood pressure (hypertension)

Your health care provider will check your blood pressure and decide if you need medicine to lower it. Many of the medicines that treat heart failure will also lower your blood pressure.

My blood pressure goal is: _____ / _____

High Cholesterol

Many people take medicine to lower their cholesterol. Your health care provider may decide that you need this medicine if you have had a heart attack or stroke, or if you have diabetes.

Diabetes

Controlling your blood sugar will help you stay healthy. A blood test called hemoglobin A1C shows what your average blood sugar level has been over the last three months. Your health care provider will check your blood sugar and decide if you need medicine to lower it.

My A1C goal is: _____

Sleep apnea

If you feel tired during the day or if you snore you might have sleep apnea. Talk with your health care provider to get tested. It can be treated with a machine called a CPAP that can help you breathe better while you sleep.

Kidney Disease

Your health care provider will watch your kidney function with blood tests.

My creatinine is:



Lifestyle Changes

QUIT SMOKING

Quitting smoking is one of the most important things you can do for your health. Quitting will help you breathe better and lower your risk for cancer, heart disease, and lung disease.

Quitting is hard. Let us help you! You can also call 1-800-Quit-Now (1-800- 784-8669). Maryland Smoking Cessation Support offers you free and confidential 24/7 support, a trained Quit Coach, and FREE nicotine replacement therapy, such as the patch or gum. Quit Coaches used to smoke and know what you are going through.

AVOID DRINKING ALCOHOL

Alcohol will worsen your heart failure. It can interact with your medicines. Please talk about alcohol use with your health care provider.

STREET DRUGS OR PRESCRIPTION DRUGS NOT PRESCRIBED TO YOU

If you are taking drugs that are not prescribed to you, let your provider help you quit. Your provider will not judge you or tell the police.





Exercise and Activities

Heart failure can make you feel tired. Being more active is one of the best things you can do for your heart failure. Moving more can help you have more energy and feel more upbeat. Regular exercise makes your muscles stronger and makes daily tasks easier. Talk to your health care provider before you begin any exercise.

Ask your health care provider:

- How much exercise can I do each day?
- How often can I exercise each week?
- What type of exercise can I do? What can I not do?
- If you should take any medicines at a certain time of day based on your exercise schedule/routine

You can exercise by:

- Walking
- Doing water exercises
- Using a stationary bicycle
- Going to an exercise class
- Working in the garden
- Stretching or doing chair exercises
- Doing light housework such as sweeping, vacuuming, or dusting

Start Slow!

If your health care provider wants you to walk, start out slowly. Begin with slow walking for a short amount of time, such as 5 or 10 minutes a day. If you feel better then, gradually increase the time. If you feel short of breath or tired, slow down or stop and rest. Carry a cell phone in case you need help.

Stop exercising if you:

- Have a fast heart rate/irregular heart beat
- Feel discomfort, tightness, heaviness, pressure or burning in your chest
- Have unusual or worse than usual shortness of breath
- Feel weak, extremely tired, dizzy, or faint

If you have any of these symptoms, stop, sit down, and rest.
If your symptoms do not go away in a few minutes, call for help.

Exercise will get easier!



MY EXERCISE GOAL IS:

_____ minutes

_____ days per week

CARDIAC REHABILITATION

Cardiac rehab is a supervised exercise and education program for all types of heart patients. Cardiac rehab can help you feel more comfortable with your activities. It can help you know how much exercise is safe for your heart. Talk to your health care provider about whether a cardiac rehab program is right for you.

SEXUAL ACTIVITY

You can have sex. Choose a time when you are feeling rested and have less shortness of breath. Wait at least 2 hours after a full meal. Use positions that are easier and require less effort, such as on your side or on your back. Talk to your health care provider if you are having problems with sexual performance. Your doctor can help you decide if medicine can help.

COPING WITH STRESS AND HEART FAILURE

Having heart failure and other health problems is stressful. That's normal, but stress can harm your health and heart. Take the time to learn how to cope and relax. Learning how to help relax your mind and your body is helpful for patients with heart failure.

Symptoms of stress include:

- Aches and Pains – headache, back pain, neck pain, tight muscles, clenched jaw
- Lack of Energy – feeling tired without a good reason, having trouble sleeping
- Anxiety, fear, anger, depression, irritation, or feeling impatient, forgetful or helpless

Stress relief and coping skills include:

- Exercising / walking
- Keeping a positive attitude
- Getting enough rest
- Enjoying hobbies/ activities that relax you
- Listening to music
- Reading, watching television or a movie, doing a puzzle
- Spending time with pets
- Spending time with friends and family members
- Joining a support group
- Eating healthy, not smoking or drinking alcohol, limiting caffeine intake
- Talking to your health care provider for ongoing depression or sadness

Enjoy A Healthy Diet

HOW TO READ A FOOD LABEL

Nutrition Facts	
2 servings per container	
Serving size	1 1/2 cup (208g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Look at the serving size. This container has 2 servings. Each serving is 1 1/2 cups.

One serving has 430 mg of sodium. Choose foods with < 140 mg of sodium per serving. If you eat the entire container you will consume 860 mg of sodium.

EATING LESS SALT (SODIUM) — SHAKE THE SALT HABIT

Salt is also called sodium. It is found in many foods.

- Salt acts like a sponge and makes the body hold onto water.
- Eating too much salt can cause your weight to go up.
- Salt can cause your feet, ankles, belly and legs to swell.
- Too much salt can cause water to build up in your lungs. This can make it harder to breathe.
- The recommended amount of sodium intake per day is 1,800-2,300 mg.

HOW TO LIMIT SALT IN YOUR DIET

- Eat more fresh foods. Packaged foods often have a lot of salt.
- When buying canned foods and soups, remember to look at the label. Canned foods often have a lot of salt.
- Choose frozen foods and vegetables that are sodium-free.
- Choose fresh meat instead of processed meats such as bacon, sausage, hot dogs or deli meats.
- Remove the salt shaker from the table
- Use sodium-free seasonings for cooking such as sodium-free seasoning blends, dry or fresh herbs, spices, lemon juice, lime juice, or vinegars.
- “No Added Salt” items still have some salt; look at the label.

MAKING SMART CHOICES WHILE DINING OUT

- Avoid fast-food restaurants if possible
- Choose a restaurant where the food is made to order
- Ask if the restaurant offers low-sodium menu items
- Look on the menu for lower sodium items
- Try to eat lower sodium foods the rest of the day
- Choose items without breading. Breading contains salt.
- Choose foods without sauce or ask for the sauces on the side
- When available, choose a salad, the salad bar, fresh vegetables and fruits
- Don't be afraid to ask the wait staff how something is prepared!

SEASON YOUR FOOD WITHOUT SALT

Check the labels of all spices for sodium (salt) content.

Salt Substitutes

There are two types of salt substitutes.

Dangerous: Do not use substitutes made with “potassium chloride.” (Common brands are NoSalt, Nu-Salt, Morton's Lite Salt and Morton's Salt Substitute). Check the ingredient label.

Good: “Herb” based substitutes (common brand is Mrs. Dash).

Other Seasonings to Try

- | | | | |
|-----------------------------|---------------|----------------|----------|
| • Basil | • Paprika | • Lemon Pepper | • Sage |
| • Dry Mustard | • Celery Seed | • Rosemary | • Dill |
| • Garlic or
Onion Powder | • Pepper | • Curry Powder | • Ginger |
| | • Cinnamon | • Oregano | • Thyme |



SPICE BLEND RECIPE

Make your own salt-free spice blend!
Here's the recipe to make 1/3 cup:

- 5 teaspoons onion powder
- 2½ teaspoons crushed thyme leaves
- 2½ teaspoons garlic powder
- ½ teaspoon pepper
- 2½ teaspoons paprika
- ¼ teaspoon celery seed
- 2½ teaspoon dry mustard

Combine all the ingredients.

Store in an air tight container to keep it fresh.



RECOMMENDED FOODS



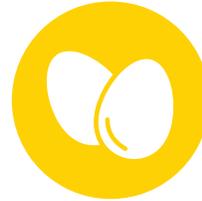
Fresh fruits and vegetables



Frozen or canned fruit (in juice, water or light syrup) and frozen vegetables



Greek yogurt



Eggs



2%, 1% or skim milk



Fresh fish (baked, broiled or grilled)



Fresh meats (baked, broiled or grilled)



Low sodium cheese (such as Swiss cheese)



Vinegar and oil

FOODS TO AVOID



Hot dogs and other smoked meats



Fast food



Frozen, boxed and other prepared meals



Salty snacks (plain popcorn with no butter or salt is OK)



Pizza



Dressing, ketchup, mustard and sauces



Artificial and high-sodium cheeses



Canned meats



Pickles and other pickled foods

DRINK THE RIGHT AMOUNT OF FLUIDS

Your health care provider might tell you to limit how much you drink each day. Drinking too much fluid can sometimes cause swelling and worsen shortness of breath. Your health care provider will tell you how much fluid you can have each day based on your needs.

MY AMOUNT OF FLUID INTAKE IS:

_____ per day



Examples of fluids are:

- tea and coffee
- soft drinks
- ice cream and sherbet
- frozen yogurt
- milk
- soups and broths
- popsicles
- gelatin desserts (Jell-O)

HOW TO CONTROL THIRST

Heart failure can make you feel thirsty. Here are some tips to help.

1. Use lip balm to keep your lips moist
2. Limit your intake of salty foods and drinks. Limit caffeine drinks such as coffee, tea, or soda. Try caffeine-free drinks instead such as water, milk or juice. Limit salty drinks, such as tomato or vegetable juice. Remember to track your entire fluid intake.
3. When you feel thirsty:
 - Chew gum
 - Suck on lemon or lime wedges
 - Eat chilled or frozen fruits like grapes or strawberries
 - Rinse your mouth or use oral swabs
 - Suck on sugar-free hard candy
 - Have a breath mint



Advanced Care Planning

YOUR LIFE, YOUR WISHES: ADVANCED CARE PLANNING

Most people have strong views about the treatment and care they want. Do you? What type of health care would you want if you cannot speak for yourself?

- What medical treatments would you want or not want?
- Who will speak for you if you can't speak for yourself?
- What matters most to you in a crisis? Do you want spiritual support? Being at home? Family nearby?

Knowing what you care about most will help your family and your medical team give you the care you want. We want to help you meet your goals.

Think about your values.

Talk to your loved ones.

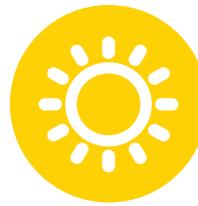
Share your wishes with your care team. There are forms you can fill out that will be added to your medical record. You can change these forms if you change your mind.

PALLIATIVE CARE

When you are living with heart failure, palliative care should be there with you from the beginning. Our goal is to help you live the best that you can with this disease.

Palliative Care can help you and your family with:

- Information and education about your medical condition and medications
- Difficult decisions about your treatment choices
- Hard to manage symptoms that make you feel bad and keep you from doing your daily activities. These might include:
 - Difficulty breathing
 - Pain
 - Feeling sad, depressed or nervous
 - Nausea and vomiting
 - Emotional stress that you or your family are having
- Understand and complete forms that tell others what you want



Spiritual support?



Being at home?



Having family nearby?



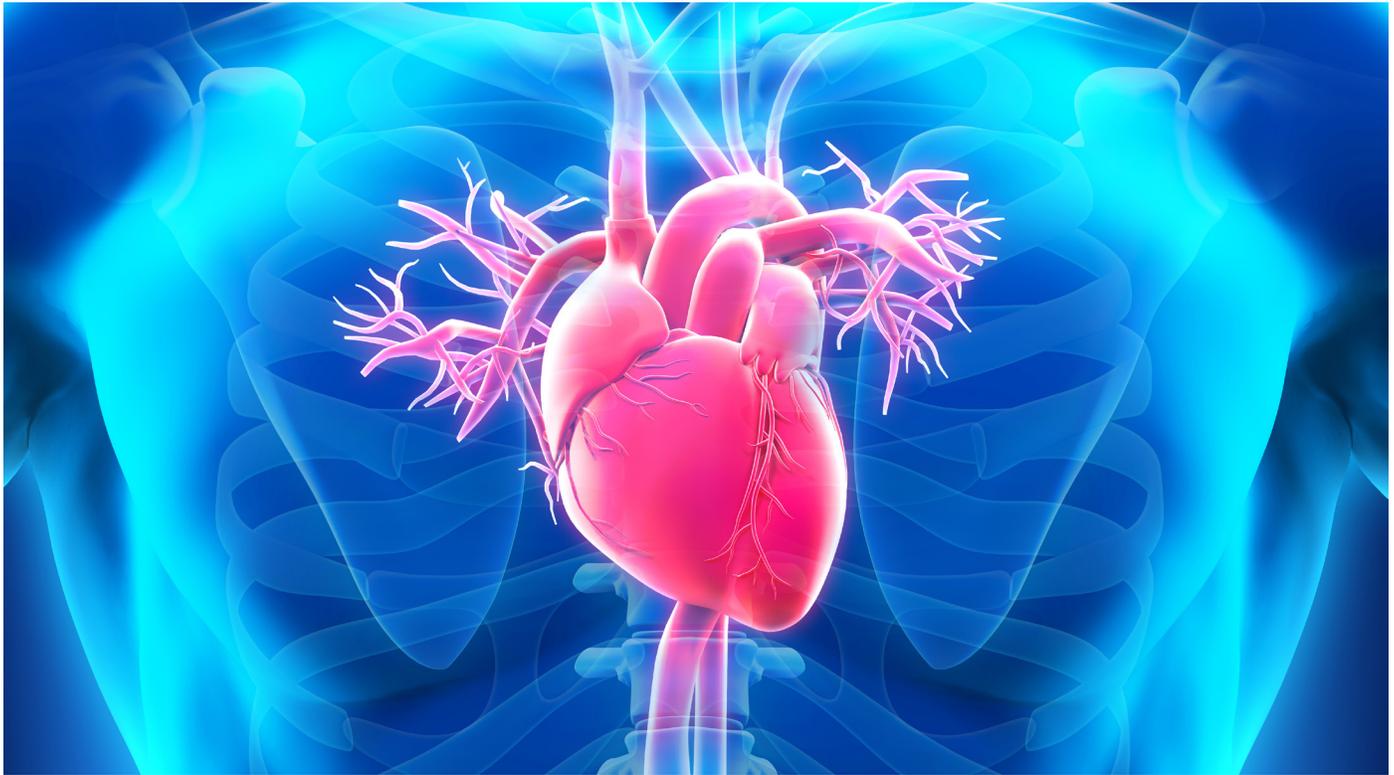
You can fill out your advanced care plan online at mydirectives.com

The Maryland State Attorney's Office has a form you can fill out. It is online. Your care team can also print a copy of the form for you.

Monthly Weight Chart

Call for weight gain of 2 pounds overnight or 5 pounds in one week. Call if you are having more trouble breathing than usual or swelling.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sunday	Date: Weight: Zone: 😊 😐 😞			
Monday	Date: Weight: Zone: 😊 😐 😞			
Tuesday	Date: Weight: Zone: 😊 😐 😞			
Wednesday	Date: Weight: Zone: 😊 😐 😞			
Thursday	Date: Weight: Zone: 😊 😐 😞			
Friday	Date: Weight: Zone: 😊 😐 😞			
Saturday	Date: Weight: Zone: 😊 😐 😞			



ADDITIONAL RESOURCES

Want to learn more? You might find these resources helpful.

Education:

My Heart Failure Guide: Interactive Workbook
ahaheartfailure.ksw-gtg.com

American Heart Association
heart.org

Heart Failure Society of America
abouthf.org

American College of Cardiology
cardiosmart.org

Heart Failure Support Groups:
American Heart Association's Support Network
supportnetwork.heart.org

Mended Hearts
mendedhearts.org

The National Coalition for Women with Heart Disease
womenheart.org

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