

Daily care plan - Heart Failure

This handout details what you need to do every day as part of your care plan when you have heart failure. It also covers when to call the doctor or nurse.

Check your weight every day

- Do it the same way each time
 - Same time of day, morning is best
 - Before you eat
 - After you urinate
 - With clothes or without clothes, but always the same way
 - Use the same scale
- Write down the number in a daily log or chart
- Take your daily log or chart with you to the doctor

Check your heart rate every day

- Write down your pulse or heart rate in a daily log
 - Number of beats per minute
 - Steady or unsteady (did it skip or pause)
- Take your daily log with you to the doctor

Other things to check

- Blood pressure every day
 - Write down the number in a daily log or chart
- How much fluid you take in every day
 - Count these as fluids too
 - Soup
 - Ice cream
 - Gravy
 - Jelly
 - Pudding
- The drugs you take every day
 - Write down the drugs you take and how much you take
 - Drugs your doctor prescribed: _____
 - Drugs you bought at the store: _____
 - Other drugs: _____
- Take your daily logs or charts with you to the doctor

Daily care plan - Heart Failure (cont)

When to call your doctor or nurse

- Gain weight
 - 2 pounds in a day or 3 pounds in a week
- Breathing is harder
 - Hard to breathe even when resting
 - Hard to breathe at night in bed
- New chest pain or pressure
- Ankles or legs swell
- Hands or fingers swell
- Wet cough
- Very tired a lot
- Dizzy or lightheaded
- Do not want to eat

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
