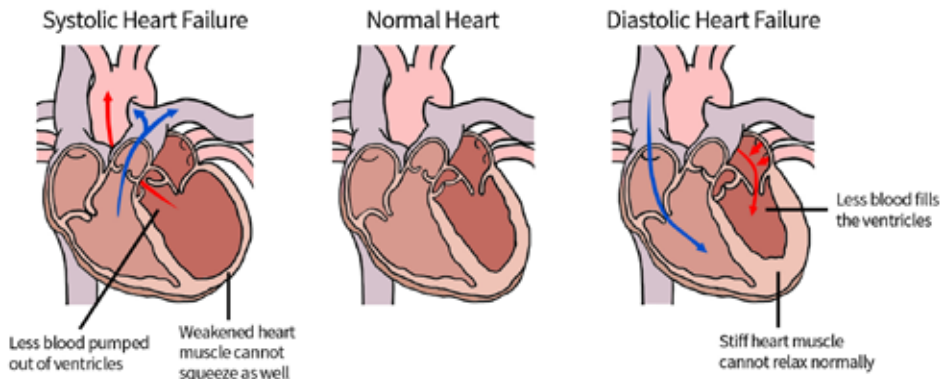


Coping with Heart Failure



What is heart failure?

Heart failure occurs when your heart has become too weak to pump enough blood to your organs and tissues, often the result of other heart problems and high blood pressure. Heavy alcohol use, smoking, diabetes, and obesity may worsen symptoms. As it worsens over time, the quality of life can be maintained with good habits, nutrition and taking your medicines as prescribed.

How can I minimise complications of heart failure?

1. Drink liquids as directed
My fluid limit: _____ litres OR _____ cups



**0.5 Litres of fluid =
One 500ml mineral
water bottle**

2. Maintain a healthy & balanced diet

- Have more fresh fruits and vegetables. Choose walnuts, whole-grain breads, low-fat dairy product, beans, lean meats, fatty fish such as salmon and tuna.
- Use olive oil or canola oil instead of butter
- Limit or avoid alcohol intake
- Limit sodium intake to one teaspoon of table salt, limit canned or preserved food, and the use of MSG, soya sauce, dips and sauces
- Use salt substitutes like Pansalt® and Lo Salt® only after you have checked with your Doctor, Nurse or Pharmacist in-charge.

3. Other measures include:



Stay active

Walking, cycling or other non-strenuous physical activity maintain strength, improve mood and keep body weight in check.



Quit smoking

Chemicals in cigarettes and cigars can make heart failure difficult to manage. Ask your healthcare provider if you need help to quit.



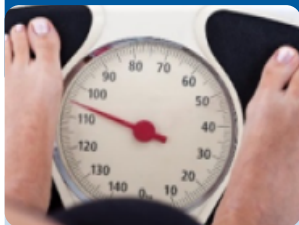
Vaccinations

Yearly influenza vaccination and perhaps the pneumococcal vaccination can prevent severe infections in heart failure. Talk to your healthcare provider to find out more.

How should I monitor myself?

You will have fewer symptoms if you manage other health conditions such as high blood pressure or diabetes. These are suggested home monitoring which you can consider carrying out daily. The target for each of the following will be determined by your respective Doctor, Nurse or Pharmacist in charge:

Weigh yourself at the same time



My “Dry” Body Weight:
_____ kg

Monitor blood pressure



My Target Blood Pressure:
_____ / _____ mmHg

Monitor blood glucose



My Target HbA1c:
_____ %

What are some examples of heart failure medications?

Angiotensin-Converting Enzyme Inhibitors (ACE-I)

- Enalapril
- Lisinopril

Angiotensin II Receptor Blockers (ARB)

- Candesartan
- Losartan
- Valsartan

Mineralocorticoid Receptor Antagonists (MRA)

- Spironolactone

Angiotensin Receptor-Neprilysin Inhibitors (ARNI)

- Sacubitril/
Valsartan

Beta Blockers

- Bisoprolol
- Carvedilol

I₁ – channel Blocker

- Ivabradine

Sodium-Glucose Cotransporter-2 Inhibitors (SGLT2-I)

- Dapagliflozin
- Empagliflozin

Diuretics (Water Pills)

- Bumetanide
- Frusemide
- Metolazone

Steps of Taking Body Weight



**Same time
every morning**



**Empty bladder
(pass urine first)**



**Weigh before
taking breakfast**



**Record and look out for
sudden weight gain of more
than 1 kg daily over 2 days.
Refer to Heart Failure Action Plan**

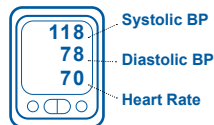
Steps of Taking Blood Pressure



**Every morning, before taking
breakfast & medicine**



**Sit upright with feet on the
ground. Use the correct cuff
size and rest arm on table.**



**Press button on the blood pressure
monitor and wait for readings.**



**If your BP reading is high on the 1st
reading, rest for 5 - 10 mins before
rechecking. Record and bring along your
chart for your doctor/pharmacist visits.**

Time	Scheduled Time	1,000ml fluid intake per day	1,200ml fluid intake per day	1,500ml fluid intake per day
	Breakfast 	150ml	200ml	200ml
	Morning Medicine 	100ml	100ml	100ml
	Lunch 	200ml	200ml	200ml
	Afternoon Medicine 	100ml	100ml	100ml
	Tea Break 	100ml	150ml	150ml
	Dinner 	150ml	200ml	200ml
	Evening Medicine 	100ml	100ml	100ml
	Supper 	100ml	150ml	150ml
	Extra Fluid 			300ml

Month			Year		
Day	Weight	Systolic BP	Diastolic BP	Heart Rate	Blood Sugar
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
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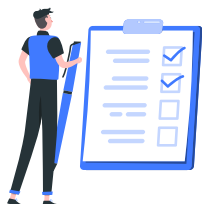
The 5P's for Physical Activity & Energy Conservation

Plan



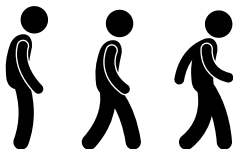
- ✓ Organise your day based on how you feel
- ✓ Ensure you get some movements throughout the day

Prioritise



- ✓ Consider what are the important tasks for the day
- ✓ Ask for help with activities that are physically demanding
- ✓ Make time for good quality rest

Pace



- ✓ Always start slow, and progress gradually if you can
- ✓ Avoid rushing as it can cause frustration

Posture



- ✓ Maintain a good posture
- ✓ If breathless, adopt tripod posture - leaning forward, preferably with arms supported

Pursed Lip Breathing



- ✓ Pursed lip breathing helps reduce breathlessness
1. Gently breathe in through your nose
 2. Blow out through your mouth with "pursed" lip (like blowing a whistle)

What are the symptoms of worsening heart failure?



- Weakness
- Rapid or irregular heartbeat



- Fast weight gain
- Swelling in the ankles, feet, legs abdomen & neck



- Extreme tiredness/fatigue
- Shortness of breath

**It is important to recognise the early symptoms of heart failure.
Use the following Heart Failure Action Plan as a guide for you:**

	How I feel....	What do I do?
 I feel well	Able to carry out daily activities with no trouble at all: • No shortness of breath • No chest pain • No weight gain	Keep up the good work of: • Taking medicines as prescribed • Monitoring daily weight and blood pressure • Maintaining activity and lifestyle
 I do not feel well	• Weight gain of 2 kg in 2 days OR 3 - 5kg in one week • Shortness of breath • Increased coughing • Increased swelling in legs or ankles	Call your health provider if you experience more than one complaint. Change of medicines or doses may be needed
 I need help now	• Gained or lost more than 2kg in 2 days • Shortness of breath or wheezing at rest • Chest tightness • Confusion, dizziness, fainting	See doctor immediately OR call 995 immediately OR go to the nearest emergency department