

## **HEART FAILURE SYMPTOM AWARENESS AND ACTION PLAN**

SYMPTOM **ACTION** If you have: Your symptoms are under control. No shortness of breath Continue taking your medications as ordered A typical amount of ankle swelling Continue to weigh yourself everyday • No weight gain Follow a low-salt diet No chest pain • Keep all physician appointments • No change in your usual activity level If you have any of the following: You may need an adjustment of your medications. • Weight gain of 3 or more pounds Call your health care provider for instructions: Increased cough Increased swelling Increased shortness of breath with activity • Increased number of pillows needed to sleep Phone Number: \_\_\_\_\_ You need to see a health care provider now. If you have any of the following: Shortness of breath at rest Call your doctor now: • Wheezing or chest tightness at rest Need to sit in chair to sleep Name: \_\_\_\_\_ • Weight change of more than 5 pounds over or under normal weight Phone Number: • Dizziness, extreme fatigue, or falling If you have: Unrelieved shortness of breath • Unrelieved chest pain Call 9-1-1 Confusion or fainting **Immediately** 

## DAILY WEIGHT & SYMPTOM CHART

## Instructions:

- 1. Use the same scales each day. Be sure the scales are on a flat, hard surface.
- 2. Weigh yourself each morning after urinating, but before eating breakfast. Wear similar weight clothing each time you weigh yourself.
- 3. Check any symptoms that you may have on the chart below.
- 4. Notify your doctor if you have a weight gain of 3 or more pounds in one day, or a weight change of more than 5 pounds over or under normal weight in a week.
- 5. Bring this form and your medication bottles with you every time you visit the clinic or hospital!

DATE	WEIGHT	SHORT OF BREATH (Yes/No)	NUMBER OF PILLOWS FOR SLEEP	COUGH (Yes/No)	SWELLING (Where?)	COMMENTS/QUESTIONS
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