

Heart Failure **Action Plan**

It is important that you check your weight and symptoms

Weigh yourself every day. The best time is first thing in the morning after you have been to the toilet (passed water) and before you get dressed.

If your weight has increased for no reason, it could be a sign you are building up fluid in your body.

Take action if you see that

- Your weight increases \uparrow by 2kg or 4lb (over 24 – 48 hours)
- You are getting more short of breath
- You wake up at night short of breath
- Your ankles or stomach start to swell
- You feel generally unwell, have reduced energy, and loss of appetite

Action Plan

- Follow your doctor's directions (see below)
- Rest and reduce activity
- Reduce fluid intake

Your GP may tell you to increase the amount of diuretic (water pill) you take for a short time e.g. take an extra frusemide (40mg) tablet for 3 days.

Your name:

Your Action Plan:

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See your GP (Doctor) if you do not improve within two days of starting your Action Plan

If you do not have an Action Plan – contact your GP or practice nurse to see what you need to do.

Your GP's name:

DISCLAIMER: This Action Plan is intended to assist with the management of heart failure in consultation with your doctor or health care professional. This is not a substitute for individual medical advice.

Produced by the Quality Use of Medicines team in collaboration with the Cardiology Department, Waitemata DHB.

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Our core values | Customer Focus 'eye' | Integrity 'sunrise' | Compassion 'bird' | Respect 'koru' | Openness 'flower'

