



Waitemata
District Health Board

Best Care for Everyone

Heart Failure Action Plan

If you do not have an Action Plan – ask your doctor (GP) or nurse what you need to do

It is important that you record your weight and symptoms **every day**.

Weigh yourself first thing in the morning after you have been to the toilet and before you get dressed.

Start your Action Plan if:

- Your weight increases for no reason by 2kg (or 4lb)
- 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 (less energy and loss of appetite)

Your Action Plan

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

*Your doctor may ask you to increase the diuretic (water tablet) you take for a short time
eg take an extra frusemide (40mg) tablet for 3 days.*

See your doctor if you do not feel better **two days** after starting your Action Plan

If you feel very short of breath, call an ambulance (Dial 111)

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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