



careforyou

HEART FAILURE PROGRAM



Self-Care & Following the Care Plan

because you're worth it
module 5



WELCOME

Learning you or a loved one has a serious illness is overwhelming at best, devastating at worst. The first thing most of us do when we get home from the appointment that changed our lives is search the internet. We quickly see there is a mountain of valuable resources. One click leads you to hundreds more. Many of us find we've done a lot of clicking, but not a lot of learning.

To organize and clarify “need to know” heart failure information, Independent Health’s Care For You, Heart Failure Program nurses have created this module program using the Healthwise resource library accessible to everyone on the IHA website.

The nurse guiding you through the module will be able to answer questions in real time. That means less writing it down now to ask later. Resources you think may be helpful from other sources can also be reviewed.

Understanding your disease will decrease stress and give you confidence in managing it with your healthcare team.

Thank you for letting us be a part of your team.

WHY WE ARE HERE

Our goal is to:

- Help you understand what is happening with your health.
- Receive information when you are ready to.
- Become confident in what you know about your disease so you can guide your care in a way that is true to who you are.
- Know you are not alone.

We're off to the movies in this module!

Nothing says self-care like kicking back with a bowl of herb & spice seasoned popcorn and watching videos about yourself!

That's what this module is all about, YOU!

Learning to put yourself first can be hard.

Prioritizing and making your care plan part of your every day routine means less time with medical staff & more time doing what is important to you.

You're worth it!

This 2-minute video can help you get started. Click the link to watch

[Heart Failure: Small Steps to Self-Care \(healthwise.net\)](https://www.healthwise.net)

Heart Failure: Small Steps to Self-Care



TOP 5 THINGS TO DO EVERY DAY

you can control your heart failure by controlling your symptoms



Heart Failure:

Living Better by Caring for Yourself



- Watch this 2-minute video for tips on making the Top 5 a part of your daily routine.
- Click this link to watch
- [Heart Failure: Living Better by Caring for Yourself \(healthwise.net\)](https://www.healthwise.net/heart-failure-living-better-by-caring-for-yourself)

Being in control means knowing when to get help.

- There will be times you need changes made to your care plan.
- Your daily monitoring and checking your symptoms with a Daily Action Plan Zone Chart will give you guidance as to what you should do.
- To learn more, click here
- [Heart Failure Daily Action Plan \(healthwise.net\)](http://healthwise.net)

HEART FAILURE DAILY ACTION PLAN

EVERY DAY	<ul style="list-style-type: none">• WEIGH YOURSELF• TAKE YOUR MEDICATIONS AS PRESCRIBED• ACTIVITY AS TOLERATED• LOW SALT DIET• FLUIDS AS YOUR DOCTOR DIRECTED
GREEN ZONE EXCELLENT! This is where you want to be.	<ul style="list-style-type: none">✓ Your weight is stable. It's not going up or down.✓ You breathe easily.✓ You are sleeping well. You can lie flat without shortness of breath.✓ You can do your usual activities. <p>What to do: Keep up the good work! ENJOY YOUR DAY!</p>
YELLOW ZONE BE CAREFUL! Pay Attention Check in with your Doctor.	<ul style="list-style-type: none">✓ You have new or increased shortness of breath.✓ You are dizzy or lightheaded or feel you may faint.✓ Sudden weight gain, 2+lbs in a day or 5lbs in a week.✓ Increased swelling in legs, ankles or feet.✓ So tired or weak you can't do your usual activities.✓ Not sleeping well, shortness of breath wakes you up, need extra pillows. <p>What to do: CALL YOUR DOCTOR -call both if not sure which one to call.</p> <p>PMD Name & Number:</p> <p>Cardiologist Name & Number:</p>
RED ZONE THIS IS AN EMERGENCY	<ul style="list-style-type: none">✓ Severe trouble breathing.✓ Coughing up pink, frothy mucus.✓ You have a new irregular or fast heartbeat.✓ Heart Attack symptoms-chest pain/pressure, sweating, shortness of breath, nausea or vomiting, lightheadedness or sudden weakness, pain/pressure in back/neck/jaw or upper belly, one or both shoulders/arms. <p>What to do: CALL 911</p>

Watch this short video to learn more

- Click this link to watch
- [Heart Failure: When to Call for Help](#)
[\(healthwise.net\)](#)

Heart Failure: When to Call for Help



Get the popcorn ready!

Click the links to each of these short videos to review & clarify what we've covered.

[Heart Failure: What Are Daily Symptom Checks?
\(healthwise.net\)](https://www.healthwise.net/heart-failure/what-are-daily-symptom-checks)

[Heart Failure: Learn to Recognize Symptoms
\(healthwise.net\)](https://www.healthwise.net/heart-failure/learn-to-recognize-symptoms)

Heart Failure: What Are Daily Symptom Checks?

Heart Failure:

**What Are Daily
Symptom Checks?**



Heart Failure: What Are Daily Symptom Checks? (00:01:43)

Heart Failure: Learn to Recognize Symptoms

Heart Failure:

**Learn to Recognize
Symptoms**

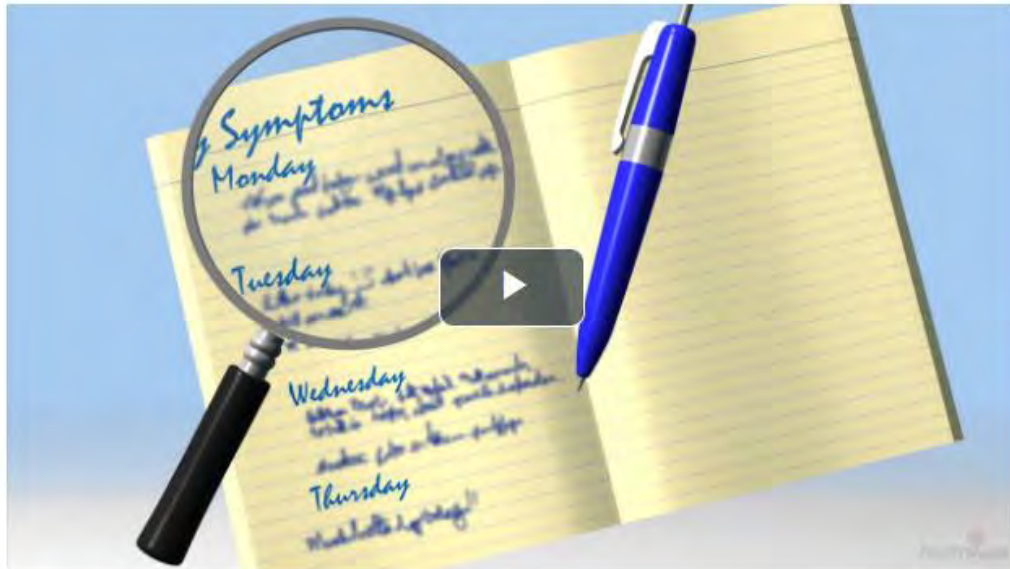


Heart Failure: Learn to Recognize Symptoms (00:02:04)

click the links to watch

[Heart Failure: Track Your Symptoms \(healthwise.net\)](https://www.healthwise.net)

Heart Failure: Track Your Symptoms



Heart Failure: Track Your Symptoms (00:01:33)

[Heart Failure: When to Act on Your Symptoms \(healthwise.net\)](https://www.healthwise.net)

Heart Failure: When to Act on Your Symptoms

Heart Failure:

**When to Act
on Your
Symptoms**



Heart Failure: When to Act on Your Symptoms (00:02:52)

click the links to watch

[Heart Failure: Checking Your Weight Daily \(healthwise.net\)](https://www.healthwise.net/heart-failure-checking-weight-daily)

[How to Check Your Heart Rate \(healthwise.net\)](https://www.healthwise.net/how-to-check-heart-rate)

Heart Failure: Checking Your Weight Daily



Heart Failure: Checking Your Weight Daily (00:01:34)

How to Check Your Heart Rate

A video thumbnail showing a close-up of a hand with a pulse being checked. The text 'How to Check Your Heart Rate' is overlaid in blue, with a play button icon. The Healthwise logo is in the bottom right corner.

How to Check Your Heart Rate

How to Check Your Heart Rate (00:02:13)

THANK YOU FOR PARTICIPATING

In this presentation you learned:

- ✓ The importance of self-care & following your care plan.
- ✓ How to make monitoring your symptoms part of your daily routine.
- ✓ What symptoms to monitor.
- ✓ When to call for help.
- ✓ How to know who to call for help.
- ✓ That taking control of your symptoms means taking control of your life.
- ✓ Your Heart Failure Program Team is here to help you stay on track.

We're Here For You

- To discuss any of the information contained in this presentation, contact your Care For You Heart Failure Program Nurse
- Thank you for letting us be a part of your Healthcare Team.

