



care for you

HEART FAILURE PROGRAM



EXERCISE & ACTIVITY

getting to the heart of it
module 6



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.

WHEN YOU HAVE
HEART FAILURE IT
IS IMPORTANT TO
EXERCISE
REGULARLY

Heart Failure: Being Active

Heart Failure:

Being Active



healthwise
for every health decision

Heart Failure: Being Active (00:02:01)

How much depends on how bad your heart failure is. Your doctor will help you develop an exercise/activity routine that is right for you. No matter how much though, a little is better than none at all.

To learn more, click here

[Heart Failure: Being Active
\(healthwise.net\)](https://www.healthwise.net)

If you're not already active, here's how to start.

- *Visit your doctor, an EKG or exercise stress test may be ordered.*
- *Your doctor may recommend cardiac rehabilitation.*
- *Start off slowly.*
- *Don't exercise when you have unmanaged symptoms.*
- *Set goals you can reach.*

Tips for success

- Set realistic goals.
- Chose a type of exercise you like.
- Give yourself time.
- Stay with it.
- Reward yourself.

Click here to learn more

[Heart Failure: Your Reason to Be Active \(healthwise.net\)](https://www.healthwise.net)

Heart Failure: Your Reason to Be Active



Heart Failure: Your Reason to Be Active (00:01:05)

Starting your exercise program

- Pace yourself
- Avoid exercising outdoors in extreme weather or high humidity
- If you get palpitations, chest pain or pressure, trouble breathing, dizzy or lightheaded, stop exercising and try to rest. Call 911 if chest pain does not go away. Call your doctor if other symptoms don't go away.
- Don't take naps or lie down after exercise, sit down to rest.
- Take your pulse often or wear a heart rate monitor. Watch your pulse when going up hills or stairs.
- Be aware of how you feel during exercise. You should be able to talk easily without being out of breath.



More helpful tips

Avoid

Avoid exercises that make you hold your breath like push-ups, sit-ups & isometric exercises or heavy lifting.

Take

Take medium temperature showers after exercising. Avoid saunas or very hot or very cold temperatures. That can be dangerous.

Ask

If you have medication changes, ask your doctor if you need to change how you exercise.

Start back

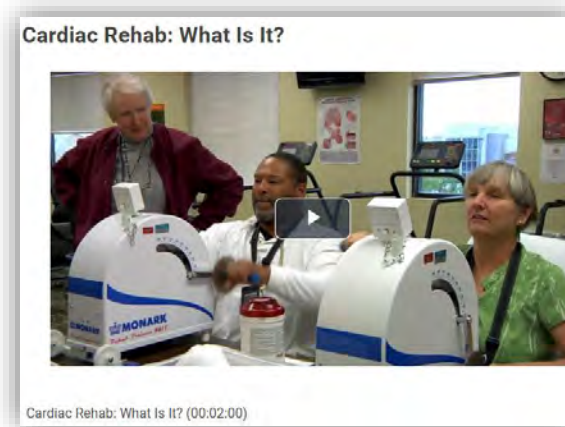
Start back slowly if you've stopped working out for more than a couple of days.

Click here to learn more [Heart Failure: Activity and Exercise \(healthwise.net\)](https://www.healthwise.net)

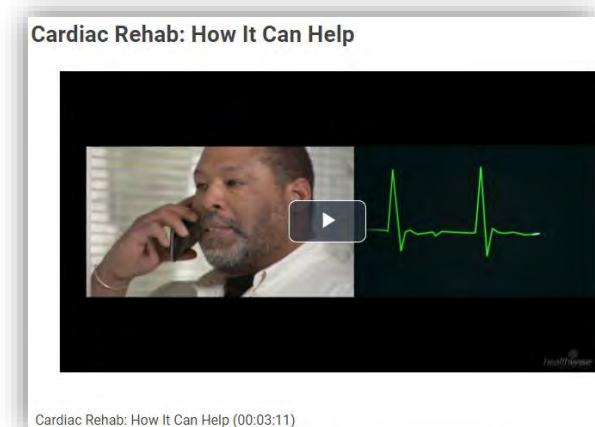
Cardiac Rehabilitation

click the links to learn more

[Cardiac Rehab: What Is It? \(healthwise.net\)](https://www.healthwise.net)



[Cardiac Rehab: How It Can Help \(healthwise.net\)](https://www.healthwise.net)



Your IHA Healthwise resource library has more information on cardiac rehab. We are here if you need help organizing or clarifying any resources you may find helpful. Just let us know.

Your Daily Action Plan can let you know if it's a good day to exercise.

- Daily monitoring lets you and your doctor know how you are responding to the exercise plan you have in place.
- Your daily monitoring & 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>

THANK YOU FOR PARTICIPATING

In this presentation you learned:

- ✓ The importance of exercise & staying active when you have heart failure.
- ✓ To see your doctor before starting an exercise program.
- ✓ Tips for beginning an exercise program.
- ✓ What exercises to avoid.
- ✓ What cardiac rehabilitation is.
- ✓ Your zone chart can give you guidance in what exercises/activities you tolerate and what ones you don't.
- ✓ Your Heart Failure Program Team can help you learn more.

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.

