



careforyou

HEART FAILURE PROGRAM



Managing Other Chronic Conditions

when you have heart
failure

putting it all together

Module 8



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.

Many people are living with more than one long-term (chronic) condition. When you have more than one problem, they are called comorbidities.

- The diseases may or many not affect each other.
- You may have more symptoms and need more treatment & medicines.
- You may need to see more than one doctor.
- It is possible to manage multiple diseases successfully.

To learn more, click here [Living With More Than One Health Problem](#) (healthwise.net)

Areas to Organize

taking care of yourself

working with your doctors

health tools

medicines

making your
wishes known

caregivers

Let's Get Organized

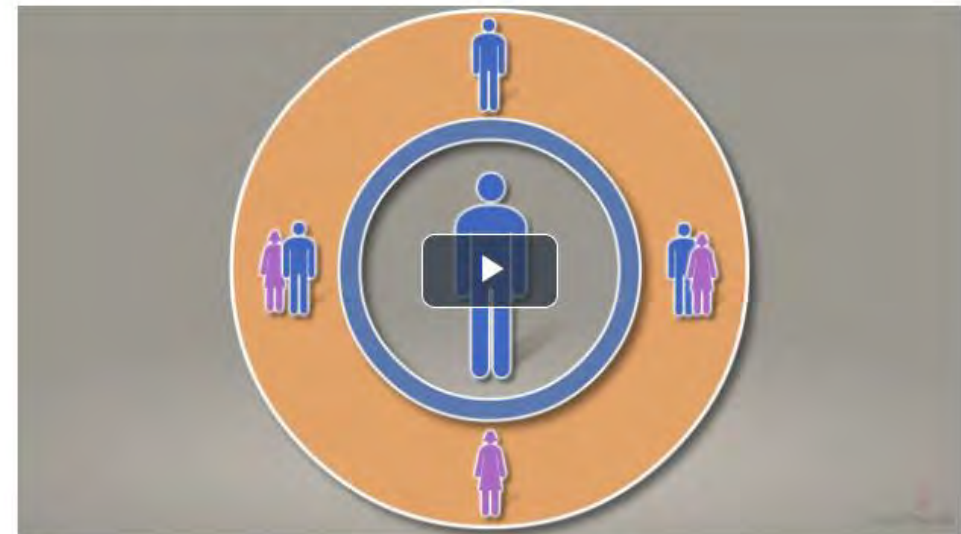
Taking Care of Yourself

Get	Get support.
Watch out	Watch out for depression and anxiety.
Eat	Eat right.
Be	Be active.
Relieve and avoid	Relieve and avoid stress.
Deal	Deal with pain, if you have health problems that cause long-term pain.
Get	Get regular checkups from your doctor.

Click to start learning more

[A Good Support System Is Important \(healthwise.net\)](http://healthwise.net)

A Good Support System Is Important



A Good Support System Is Important (00:02:04)

more resources on taking care of yourself

[Anxiety: What Is It? \(healthwise.net\)](#)
2-minute video

[Living With Chronic Pain \(healthwise.net\)](#) 3 minute video

And to read more, click from the list.

We are here to help organize & clarify any information you think may be helpful.

- [Being Active When You Have Health Problems](#)
- [Chronic Pain](#)
- [Depression, Anxiety, and Physical Health Problems](#)
- [Eating Right When You Have More Than One Health Problem](#)
- [Organizing Your Medical Records](#)
- [Regular Checkup for a Lifelong Condition](#)
- [Stress Management](#)
- [Support Groups and Social Support](#)

Working With Your Doctors

it's a team effort

Each doctor you see needs to communicate with the others.
Click the link.

[Work Closely With Your Doctor \(healthwise.net\)](#)

[Make the Most of Your Doctor Visit \(healthwise.net\)](#)

Work Closely With Your Doctor



Work Closely With Your Doctor (00:02:13)

Make the Most of Your Doctor Visit



Make the Most of Your Doctor Visit (00:01:49)

more resources on working with your doctors

To read more, click from the list.

There is a lot of information. No need to get overwhelmed. We are here to help you figure out what is useful to you.

- [Better Care at Lower Costs](#)
- [Getting a Second Opinion](#)
- [Making the Most of Your Appointment](#)
- [Work Closely With Your Doctor](#)
- [Working With More Than One Doctor](#)

Health Tools

Health tools help you make health decisions or take action to improve your health.

Actionsets are designed to help people manage their health.

Each of these links will bring you to a page with videos & in-depth text.

If you need help clarifying or just want to talk about any of the information. We can help you.

- [Anxiety: Stop Negative Thoughts](#)
- [Depression: Stop Negative Thoughts](#)
- [Stop Negative Thoughts: Getting Started](#)

Medicines

Having more than one health problem usually means having more medicines.

For a great way to organize your medication information, click the link.

[Managing Your Medicines \(healthwise.net\)](http://healthwise.net)

Managing Your Medicines



The screenshot shows a white pill bottle with a white cap and a white label with 'Rx' written on it. To the right of the bottle is a white sheet of paper with two columns. The left column is titled 'My Medicines' and lists: Acetazolamide for high blood pressure, Low-dose aspirin to reduce heart attack risk, Multivitamin, and Ginkgo biloba. The right column is titled 'My Questions or Concerns' and lists: Does this medicine cause side effects?, Is aspirin safe with blood pressure medicine?, and Would another medicine cost less? A play button icon is overlaid on the first item in the 'My Medicines' list. The Healthwise logo is in the bottom right corner of the sheet.

My Medicines	My Questions or Concerns
• Acetazolamide for high blood pressure	• Does this medicine cause side effects?
• Low-dose aspirin to reduce heart attack risk	• Is aspirin safe with blood pressure medicine?
• Multivitamin	• Would another medicine cost less?
• Ginkgo biloba	

Managing Your Medicines (00:01:14)

more resources on medicines

Click the links for more tips on making managing your medicines easier.

We are happy to help you create a method that works for you.

- [Daily Medicine Schedule](#)
- [Dealing With Medicine Side Effects and Interactions](#)
- [Keeping Track of Medicines](#)
- [Master List of Medicines](#)
- [New Medicines: Questions to Ask the Doctor](#)
- [Questions to Ask About Your Medicines](#)
- [Staying Safe When You Take Several Medicines](#)
- [Taking Medicines as Prescribed](#)

Making Your Wishes Known

Letting your loved ones know what your end-of-life wishes are doesn't mean you are giving up. Everyone should make their wishes known.

Planning ahead makes sure your wishes are met. It will also make things easier for you and your loved ones when you are near the end of life.

The following links provide information to help you understand the importance of planning ahead.

We know this can be a hard discussion. We are here to help you work through it.

- [Care at the End of Life](#)
- [Choosing a Health Care Agent](#)
- [Hospice Care](#)
- [Living Will](#)
- [Palliative Care](#)
- [Writing an Advance Directive](#)

more resources on making wishes known
3 short videos, click the links to watch

[Advance Directives
\(healthwise.net\)](#)

Advance Directives



Advance Directives (00:02:51)

[Advance Care Planning: The Need
for Ongoing Conversations
\(healthwise.net\)](#)

Advance Care Planning: The Need for Ongoing
Conversations



Advance Care Planning: The Need for Ongoing Conversations (00:03:30)

[Choosing a Health Care
Agent \(healthwise.net\)](#)

Choosing a Health Care Agent



Choosing a Health Care Agent (00:02:47)

Caregivers

Being a caregiver is one of the most rewarding and difficult things a person can do for another.

These 3 tips can help.

- ✓ Take care of yourself.
- ✓ Don't help too much. Helping someone be as independent as possible is the goal.
- ✓ Ask for help. Accept support from others.

Click the link to learn more

[Caregiving: Take Care of Yourself Too](http://healthwise.net)
(healthwise.net)

Caregiving: Take Care of Yourself Too



Caregiving: Take Care of Yourself Too (00:01:29)

more resources for caregivers

Click the links for more tips on caregiving.

Do you have a caregiver you are worried about. Let us know. We can review these and other resources that may be helpful.

- [Caregiver Tips](#)
- [Chronic Illness: Help for Caregivers](#)



Your Daily Action Plan is even more important when you have more than one illness.

- Daily monitoring lets you and your doctors know how you are responding to your care plan & any problems there may be with treatment for other conditions.
- Your daily monitoring & checking your symptoms with the 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:

- ✓ When you have more than one long-term illness they are called comorbidities.
- ✓ Managing more than one illness is challenging but not impossible.
- ✓ Organizing and creating systems that work for you will help you have good health outcomes.
- ✓ There are resources to pick and choose from when creating a system that works for you.
- ✓ Good communication between you and ALL your providers is essential to your health.
- ✓ Your Daily Action Plan is even more important as it will let you see if there are problems with your heart related to treatment for other conditions.
- ✓ The Heart Failure Program Team is here to help you put methods in place that work for you.

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.

