

PASSPORT TO HEART HEALTH



A Guide to Living a Healthier Life

MY PERSONAL PLAN
to work on the following
areas to manage my
heart failure:

☐

Monitoring
My Weight

☐

Taking My
Medications

☐

Eating
Healthy

☐

Regular
Exercise

☐

Other

My follow-up appointment is:

My GOAL is:

Possible barriers to meeting my goal:

Things that would help me meet my goal:

My confidence in meeting my goal:

1 2 3 4 5 6 7 8 9 10

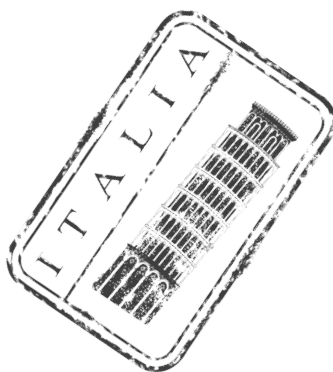
not confident

very confident

Heart Failure Can Be Managed

Heart failure means that your heart's pumping power is not as strong as usual. For most people, heart failure can be treated and managed, but not cured. Ask your doctor about which treatments are best for you.

This booklet is designed to help you live an active life with heart failure. Talk to your doctor or other health care provider about how you can successfully self-manage your heart failure. Use this booklet as a guide. Then share it with your family and other care givers.



Congestive Heart Failure Zones

GREEN ZONE: ALL CLEAR



My Weight Goal _____
No shortness of breath
No swelling
No weight gain
No chest pain
No decrease in your ability to maintain your activity level

YELLOW ZONE: CAUTION



If you have any of the following signs and symptoms:

Weight gain of 3 or more pounds in 2 days
Increased cough
Increased swelling
Increase in shortness of breath with activity
Increase in the number of pillows needed
Anything else unusual that bothers you
Call your physician if you are going into the YELLOW zone

RED ZONE: MEDICAL ALERT



Unrelieved shortness of breath
Shortness of breath at rest
Unrelieved chest pain
Wheezing or chest tightness at rest
Need to sit in chair to sleep
Weight gain or loss of more than 5 pounds in 2 days
Confusion
Call your physician immediately if you are going into the RED zone

GREEN ZONE MEANS

Your symptoms are under control

Continue taking your medications as ordered

Continue daily weights

Follow low-salt diet

Keep all physician appointments

YELLOW ZONE MEANS

You may need an adjustment of your medications

Call your physician, case manager or home health nurse

Name: _____

Number: _____

Instructions: _____

RED ZONE MEANS

You need to be evaluated by a physician right away

Call your physician right away

Physician Name: _____

Physician Number: _____

Understanding Your Heart Failure Medication

Common medicines often prescribed for treating heart failure include:

ACE Inhibitors: Angiotensin Converting Enzyme Inhibitors (ACE Inhibitors) make it easier for the heart to pump. Examples are Capoten (captopril), Vasotec (enalapril), Prinivil (lisinopril) Zestril (quinapril), Altace (ramipril).

ARBs: Angiotensin Receptor Blockers (ARBs) work in a similar fashion to ACE Inhibitors. Examples are Alta-cand (candesartan), Avapro (irbesartan), Cozaar (losartan), Diovan (valsartan), Hyzaar.

Beta Blockers: Reduce the work of the heart. Examples are Inderal (propranolol), Toprol/Lopressor (metoprolol), Blocadren (timolol), Coreg (carvedilol), Tenormin (atenolol).

Diuretics: Diuretics, also known as water pills, help remove extra fluid from the body. Examples are Lasix (furosemide), Bumex (bumetanide), Aldactone (spironolactone), Hydrodiuril (HCTZ).

Digitalis: Digitalis strengthens each heartbeat, pumping more blood. Example: Lanoxin (digoxin).

Seek medical advice if you experience 1) changes in vision 2) yellow or blue halos with digoxin 3) light-headedness, dizziness, falls 4) leg cramps 5) new or persistent cough 6) worsening of heart failure symptoms

Checklist for self-medication management

The most important thing you can do everyday is take your medication as prescribed.

Take medication daily as prescribed.

Do not miss a dose. If you do, DO NOT take extra.

Refill your medication as needed.

Do not stop taking your medications without talking to your physician.

If you cannot pay for your medications, let your physician know.

Let your physician know all of the medications you are taking, even over-the-counter medications.

Do not start any over-the-counter medication without talking to your physician first, because they may interact with your prescription medications.

When traveling, remember to keep your medications in their original containers.

Many of the medications you take for heart failure also work to control your blood pressure. Be sure to have your blood pressure taken regularly.

Notify your physician immediately if you have any changes such as light-headedness, dizziness, falls, leg cramps, nausea, changes in vision or new and persistent cough.

Monitor Your Weight

A sudden increase in weight, swelling or shortness of breath means your body is beginning to retain too much fluid.

Following the tips below can help you stay on top of fluid retention.

- Weigh yourself everyday at the same time and on the same scale
- Weigh yourself barefoot or in lightweight shoes
- Record your weight in your weight log
- If weight increases by 3 pounds in one day or 5 pounds in a week, call your physician
- Remember to take your medication and watch your salt intake
- Keep your legs elevated when sitting in a chair as much as possible
- Don't wait to call your physician with sudden WEIGHT changes



Weight Record

[illegible]

Read the Label

Your diet is important for managing your heart failure. Increased salt intake causes fluid to build up in your body. Too much salt will make your feet, ankles, legs and stomach swell.

Nutrition Facts

Serving size 1 cup (30g)
Servings Per Container 12

Amount Per Serving
Calories 90 — Calories from Fat 10

	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 190 mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	

milligrams of sodium
per serving

Changing what and how you eat does not have to be hard. The goal is to reduce salt intake. There are numerous salt substitutes or spices you can use to retain the flavor of your food. **Remember: One teaspoon of salt equals 2,300 mg of sodium.** Low-salt diets usually allow 2,000-3,000 of sodium. Your physician will let you know how much salt you should consume per day based on your heart health.

Foods to Avoid

Remember to read the label on packaged and canned foods for information on sodium (salt) content. Many of the foods listed below contain large amounts of salt and should be avoided.

- **breaded fish**
- **canned meats, such as ham**
- **processed cheeses**
- **cottage cheese and cheese spreads**
- **salted chips and salted crackers**
- **tomato sauce and vegetable juices**
- **deli food, such as coleslaw**
- **potato salad and macaroni salad**
- **premixed gravies and processed foods**
- **prepared meats, such as hot dogs, bologna and salami**
- **boxed foods and dinners, such as macaroni and cheese**
- **canned soups, canned vegetables**
- **Chinese food**
- **fast food**
- **pickled vegetables, sauerkraut**
- **pickles and olives**

Choosing the Right Foods

- Limit your use of prepackaged and canned foods
- Read labels
- **CAUTION:** Foods that are labeled “low fat or healthy” are not necessarily low sodium
- Restaurant food is loaded with salt. Make sure you ask for no added salt or msg
- Limit your fluid intake based on your physician recommendation
- Check with your physician for the right salt substitute (some may interfere with your medications)
- Reduce your alcohol consumption

Your Activities

With heart failure, your weak heart pumps too little blood to meet all of your body's needs. Walking long distances, carrying groceries or climbing stairs can be hard to do. A daily routine will help you. Be sure to get plenty of rest. Work with your doctor and health care providers to develop an exercise plan based on your needs and condition. Be sure to follow them as determined by your doctor.

If you have any of the problems listed below, call your doctor right away.

- Trouble breathing, especially during activity, exercise or when lying flat in bed**
- Waking up at night and being short of breath**
- A frequent dry, hacking cough, especially when lying down**
- Feeling unusually tired or weak**
- Getting dizzy, feeling light-headed**
- Having swollen feet, ankles and/or legs**
- Feeling sick to your stomach and your stomach is swollen, painful and tender**
- Weight changes of 3 pounds in one day or 5 pounds in one week**

Flu and Pneumonia Immunizations

Adults need immunizations to prevent serious diseases. Some of those diseases include influenza (flu) and pneumococcal-pneumonia. Pneumococcal-pneumonia and influenza are leading causes of death in the nation for older adults and can cause significant illness, particularly among individuals aged 65 years and older and those with chronic medical conditions.

WHO SHOULD GET IMMUNIZED?

Everyone needs a flu shot each year during the fall.

Everyone needs a pneumonia shot after they are 65.

If you have lung, heart or kidney disease, diabetes, HIV or cancer, you need a flu shot each year and a pneumonia shot before the age of 65.

Immunizations aren't just for kids. They're for everyone concerned about their health.

Discuss your immunization status and the possibility of receiving the immunizations you need with your doctor.

My last flu shot was: _____

My last pneumococcal shot was: _____

The Passport Pledge

I pledge to self-manage my heart failure by fulfilling my personal goals:

- ☐ **I will take my medication daily as my physician has ordered; if I cannot afford them, I will tell my physician**
- ☐ **I will weigh myself everyday at the same time on the same scale**
- ☐ **I will reduce my salt intake**
- ☐ **I will stop smoking**
- ☐ **I will improve my physical activity**
- ☐ **I will call my physician if I have symptoms of heart failure such as weight gain, shortness of breath or excessive swelling of my feet, ankles or legs**
- ☐ **I will make regular appointments with my physician**
- ☐ **I will have my blood pressure checked regularly**

This information is brought to you by Mountain-Pacific Quality Health, the Medicare quality improvement organization (QIO) for Montana, Wyoming, Hawaii and Alaska.

Mountain-Pacific is part of a nationwide network of QIOs and works locally, within the states and territories we serve, to achieve wide-scale improvements in patient care.



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