

EXAMPLE: This item is currently in use at another hospital and is included in this packet for your consideration as you assess needs for a similar document at your facility.

CONGESTIVE HEART FAILURE DISCHARGE INSTRUCTIONS

CHF: Congestive Heart Failure (or Heart Failure) is when your heart is not pumping blood effectively because your heart muscle may be weak or damaged. Your heart has to work harder to pump the amount of blood your body needs for everyday activities.

Activity: You can do normal everyday activities as your body allows. Take rest breaks in-between activities. It is helpful to put your feet up while resting. Stop activity if you have pain, shortness of breath, or feel dizzy.

Food and Drink: Choose items with low or no salt. Your doctor may limit your food or drink choices due to other health conditions. If you need help with your food and drink choices, you can call your doctor. You should follow a **LOW SALT** diet and any other restrictions as indicated by your doctor. _____

Weight: Weigh yourself everyday! It is best to weigh yourself at the same time each day. Write your weight on your weight log sheet and bring it to your doctor visits. If you gain more than 2 pounds in one day or 5 pounds in one week, **call** your doctor.

Tobacco Use: Smoking increases your heart rate, blood pressure and workload of your heart. If you smoke, your blood clots faster, increasing your risk of heart attack, stroke and circulatory problems. Smoking also adversely affects your cholesterol levels, and causes your blood vessels to contract (get smaller), which can cause chest pain. Avoid places where you will be exposed to “second-hand” smoke. Request non-smoking sections in restaurants and public places. *Help control this risk by quitting altogether or at least by reducing your use of tobacco. Ask your health care team for help.*

Resources: American Lung Association @ 1-800-Lung-USA (1-800-586-4872)

National Website: <http://www.lungusa.org>

When do I need to see my Doctor?

- Weight gain of more than 3 pounds in one day, or 7 pounds in one week.
- Swollen ankles, legs or abdomen
- Increased fatigue
- Increased shortness of breath on exertion, shortness of breath at night or when lying flat
- Unexplained cough, or a “hacking” night cough

Call 911 if you:

- Faint or pass out
- Become extremely short of breath or are unable to talk due to breathlessness
- Have severe chest pain that is not helped by three nitroglycerin pills taken at 5-minute intervals
- Have a continuously rapid, racing heartbeat

THESE ARE GUIDELINES FOR YOU TO FOLLOW AT HOME. IF YOU HAVE QUESTIONS, BRING THEM TO YOUR NEXT DOCTOR VISIT.

Your next Doctor visit is with Dr. _____ on _____ at _____.

Patient/Responsible Person Signature _____

CHF Educational Packet provided

Nurse Signature _____ Date _____