








# Home Care Plan for Heart Failure

SYMPTOMS YOU MAY EXPERIENCE	REASONS TO CALL YOUR DOCTOR OR NURSE	WEIGHT	DIET / FLUIDS	MEDICATIONS	ACTIVITY
<ul style="list-style-type: none"> <li>▪ Excessive weakness and fatigue</li> <li>▪ Shortness of breath, especially when lying down</li> <li>▪ Dry, hacking cough</li> <li>▪ Bloating in the stomach</li> <li>▪ Swelling in the feet and ankles</li> </ul>  <ul style="list-style-type: none"> <li>▪ Weight gain</li> <li>▪ Decreased urination</li> </ul>	<ul style="list-style-type: none"> <li>▪ Excessive swelling or bloating</li> <li>▪ More difficulty breathing with activity and at night</li> <li>▪ Symptoms are worsening</li> <li>▪ Breathless or chest heaviness at rest</li> <li>▪ Fainting</li> <li>▪ Chest pain not relieved by Nitroglycerine (if ordered by your Doctor)</li> <li>▪ "racing heart"</li> <li>▪ Weight gain of 5 pounds or more</li> </ul>  <p><b>MURRAY COUNTY CLINIC MAIN:</b> 1-507-836-6153</p> <p><b>CLINIC WEST:</b> 1-507-836-8538</p> <p><b>HOSPITAL:</b> 1-507-836-6111</p>	<p><b>MY TARGET WEIGHT IS _____ POUNDS</b> (Promptly <i>weigh yourself on your scale when you get home from the hospital.</i>)</p> <ul style="list-style-type: none"> <li>▪ Weigh yourself every day or as recommended by your doctor</li> <li>▪ When possible, weigh yourself at the same time every morning</li> <li>▪ Record your weights on the back of this form</li> <li>▪ A rapid weight gain may be a sign your body is retaining fluid and may indicate a need for a change in your treatment plan</li> </ul> 	<ul style="list-style-type: none"> <li>▪ Reduce the amount of salt or SODIUM in your diet</li> <li>▪ Eat less than 2000 mg of salt per day (2000 mg = 2g sodium)</li> </ul>  <ul style="list-style-type: none"> <li>▪ Remember to avoid these items high in salt: <ul style="list-style-type: none"> <li>-canned soups</li> <li>-packaged luncheon meats</li> <li>-hot dogs/wieners</li> <li>-ham/bacon</li> <li>-tomato juice</li> <li>-sauerkraut</li> <li>-bouillon</li> <li>-processed cheeses</li> <li>-table salt</li> </ul> </li> <li>▪ Do not exceed 8 cups of fluid intake each day unless otherwise ordered by your doctor</li> </ul>	<ul style="list-style-type: none"> <li>▪ Take your medications only as directed by your doctor</li> </ul>  <ul style="list-style-type: none"> <li>▪ Never skip doses</li> <li>▪ Continue taking medications even when you are feeling well</li> <li>▪ If you have any questions about your medications, contact your Medical Clinic or Pharmacist</li> </ul>	<ul style="list-style-type: none"> <li>▪ A little activity can help you feel better</li> <li>▪ Go for a walk or go visit a friend</li> <li>▪ Do some gardening</li> <li>▪ Know your limits</li> <li>▪ Don't overdo it</li> <li>▪ Stop and rest if you feel tired or short of breath</li> </ul>  <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 10px auto;"><b>SMOKING</b></div> <ul style="list-style-type: none"> <li>▪ Smoking will only aggravate your heart condition</li> <li>▪ Get help to quit! Contact your physician or call "Quitplan" at 1-888-354-PLAN.</li> </ul> 

**Bring this form and your medication bottles with you every time you visit the clinic or hospital! Record your weights on the back of this form...**

