






Home Care Plan for Patients Living with Heart Failure

WEIGHT	DIET	MEDICATIONS	ACTIVITY	LIFE STYLE CHANGES
<p>MY NORMAL WEIGHT IS _____ POUNDS</p>  <ul style="list-style-type: none"> ▪ Weigh yourself every day ▪ When possible, weigh yourself at the same time every morning in the same state of dress ▪ Record your daily weight on the back of this page 	<ul style="list-style-type: none"> ▪ Reduce the amount of salt or SODIUM in your diet ▪ Follow a low-salt diet by: <ul style="list-style-type: none"> Avoiding salty snacks Not adding salt to food at the table Reading nutrition labels on food and choosing items lower in sodium 	<ul style="list-style-type: none"> ▪ Take your medications every day  <ul style="list-style-type: none"> ▪ Never skip doses unless specifically instructed to by a doctor ▪ Continue taking medications even when you are feeling well ▪ Keep your doctor appointments! 	<ul style="list-style-type: none"> ▪ A little activity can help you feel better ▪ Go for a walk ▪ Visit a friend ▪ Do some gardening  <ul style="list-style-type: none"> ▪ Know your limits - don't overdo it ▪ Stop and rest if you feel tired or short of breath 	 <ul style="list-style-type: none"> ◊ If you smoke, quit <ul style="list-style-type: none"> Smoking raises blood pressure Smoking raises heart rate Smoking strains a weakened heart ◊ Limit alcohol