

Heart Failure



Monitor for symptoms of Heart Failure

Daily assessment of:

- Feet, ankles, legs and abdomen for swelling.
- Cough, especially productive mucus, pink or blood tinged sputum.
- Dyspnea – while lying flat or with exertion.
- Cyanosis in lips or nail beds.
- Rapid or irregular heart beat from the resident's norm.
- B/P- if systolic greater than 160 or less than 90, notify MD.

Interventions:

- 2 gm diet or no added salt diet
- Daily weights using the same scales. Take after voiding and before breakfast. Physician notification for weight gain of 2 pounds in one day or 4 pounds in 5 days.
- Daily assessment of symptoms and documentation.
- Ambulate approximately 50 feet if able and assess for changes in endurance, shortness of breath.
- Allow rest periods during exercise.
- Notify MD if no void in 8 hours, increased dyspnea, increased edema or change in vitals.

Medications:

- Beta Blockers (Avoid abruptly stopping, not recommended for those with asthma with bronchospasms.)
- Ace Inhibitor
- Diuretic therapy – Loop diuretics, rather than thiazide-type
- oxygen



Heart Failure Zones

Be Aware of Your Symptoms & Seek Help



- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight. **Your goal weight:** _____
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low-salt food.
- Balance activity and rest periods.
- Decide: Which Heart Failure Zone are you today?



GREEN ZONE: All Clear

Your symptoms are under control. You have:

- No shortness of breath
- No swelling in your feet, ankles, legs or stomach
- No weight gain of more than 2 pounds in 1 day
- No chest pain
- No decrease in your ability to maintain your activity level



YELLOW ZONE: Caution

If you have any of these signs and symptoms, call your clinic nurse:

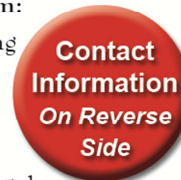
- Weight gain of 2 or more pounds in 1 day
- Shortness of breath with activity
- Difficulty breathing when lying down
- Dry Cough
- Swelling in your feet, ankles, legs or stomach
- Increase in the number of pillows needed
- Anything else unusual that bothers you or not feeling right



RED ZONE: Medical Alert

If you have any of these signs and symptoms, call 911 or go to the nearest emergency room:

- Ongoing shortness of breath, even while resting
- Chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 4 pounds in 5 days
- Confusion



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