

This plan is intended to act as a guide only. It does not take into account individual needs or circumstances. Every patient should have an advanced care plan which should be followed, rather than this action plan. If in any doubt, always consult the patient's General Practitioner.

HEART FAILURE (CHF)

ACTION PLAN

FLUIDS Monitor your resident's fluid intake. Your resident's doctor has recommended your resident maintain a fluid restriction. This includes water, tea, coffee, juice, soft drink, soup, cordial, alcohol, jelly & ice cream.

YOUR WEIGHT Weigh your resident on the same scales each morning after urinating and before eating each day. Write down your resident's weight every day in a diary and take this to your resident's doctor's visits.

SALT Eating salt can make your resident's body retain too much water. Excess water makes your resident's heart work harder. Refer to "Your Guide to Heart Failure" for low-salt eating tips.

EXERCISE Regular low-level physical activity is recommended. Cardiac Rehab is a step in the right direction for exercise guidance.

SEMI-URGENT

IF YOUR RESIDENT EXPERIENCES ANY OF THESE SYMPTOMS:

- Sudden weight gain of 1.5kg in 24 hours
- Palpitations with light-headedness
- Swelling of abdomen & ankles
- Worsening shortness of breath, especially at night or at rest
- Increasing frequency of chest pain
- Not passing urine

**SEEK
MEDICAL
ATTENTION
WITHIN 24
HOURS**

EMERGENCY

IF YOUR RESIDENT EXPERIENCES ANY OF THESE SYMPTOMS:

- Severe chest pain > 15 minutes (not responding to 3 anginine)
- Severe shortness of breath
- Blackouts

**CALL AN
AMBULANCE
IMMEDIATELY
DIAL 000**

Source: Eastern Health. June 2006