Heart failure – daily checks record

Heart Foundation™

Name:

heartfoundation.org.nz/heart-failure

Managing heart failure

Daily checks

Heart failure symptoms mainly happen because fluid builds up in your body. Do these checks every day to identify when you have extra fluid in your body.

Note down your daily check information. Use the sheets in this booklet to get you into the habit of recording this important information.

If you have any changes in your weight, any swelling or changes in your breathing then act quickly and follow your heart failure action plan (pages 26-27).

1 Any changes in your weight?

Weigh yourself each day at the same time

- In the morning.
- After going to the toilet.
- Before breakfast.
- Digital scales are best.

Compare daily weight to your target weight. Target weight is your weight with no extra fluid, when your heart works best. Your target weight should be written on your action plan (pages 26-27).

2 Any swelling?

Check for swelling

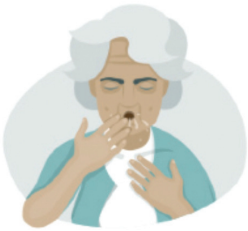
Do your rings on your fingers, your waistband or your socks and shoes feel tighter?

Check one leg for swelling

- **Press firmly into the skin** of your ankle, shin and knee with your finger.
- If your finger makes a dent in your skin, you have swelling.

3 Any changes in your breathing?

More short of breath than usual?



Constant cough or wheeze?

Not able to speak a full sentence?

Using more pillows at night to avoid being short of breath or having to sleep upright?

Daily checks record sheet

When you have done your daily checks (pages 2-3) note down your daily check information and record in the AM/PM columns when you take your medication. Take this daily check record to your appointments.

Day	Date	Weight	Any swelling?	Any change in breathing?	Medication taken		Comments
					AM	PM	
Mon							
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When this booklet is full, order your new copy from heartfoundation.org.nz or by phoning 0800 863 375.

My heart failure action plan

Good to go

My symptoms

Weight stable

No new swelling. Legs and tummy look normal

Breathing is easy

Physical activity is normal

Action

Keep taking heart pills

Stay alert

My symptoms

Target **weight up** 2kg+ in 1-2 days

Swelling in ankles, legs or tummy

Hard to breathe when active or at night

Need to use more pillows at night

Constant cough or wheeze

Get help now

My symptoms

Sudden severe shortness of breath

Angina not relieved after following angina action plan

New chest pain, tightness or heaviness

Action

CALL 111 NOW

Do daily checks

Stay active

Eat a healthy, low-salt diet

See your doctor or nurse regularly

Review this action plan each time you see your heart failure nurse or doctor.

Very tired

Action _____

_____

_____

Call my doctor or nurse if symptoms continue

OR

My symptoms

Target **weight down** 2kg+ in 1-2 days and weight loss ongoing

Dry mouth/skin

Dizziness

Action

Call my doctor or nurse

Useful information

Cardiac nurse/doctor

Name: _____

Phone: _____

Name: _____

Phone: _____

My heart pills

_____

_____

_____

_____

_____

My target weight

Kg: _____

Hearts fit for life

The Heart Foundation is the charity that works to stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives.

Visit our website **heartfoundation.org.nz** to find out how to:

- join information and support sessions
- share your story
- ask questions.

If you would like to help people in New Zealand who are living with heart disease, please consider donating.

To donate:

Visit: heartfoundation.org.nz/donate

Phone: 0800 830 100

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As a charity, we thank our generous donors for helping bring this resource to life.

Heart Foundation™