

Heart failure - daily checks record



Name:

heartfoundation.org.nz

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?

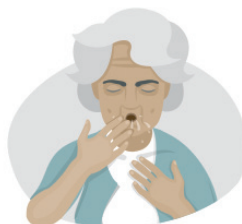
Check one leg for swelling

- **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?	AM ✓	PM ✓	Comments
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

If you notice changes in your heart failure symptoms follow your heart failure action plan. Acting quickly will help you to feel better and stay out of hospital.

A doctor or nurse specialist will develop your heart failure action plan with you. Ask about changes to your action plan at each visit.

My emergency contact numbers:

Heart failure nurse _____ Family doctor _____

<p>I feel well</p>	<p>My symptoms:</p> <ul style="list-style-type: none"> • Weight on target. Target range _____kg • Little or no swelling • Breathing is easy 	<p>What to do:</p> <ul style="list-style-type: none"> • Keep taking my pills • Keep doing my daily checks – weight, swelling and breathing • Keep eating a healthy, low salt diet • Keep making changes to improve my health
	<p>Weight up by _____kg over 1-2 days</p> <ul style="list-style-type: none"> • Swelling in ankles, legs or abdomen. • Hard to breathe with activity or sleeping at night • Need to use more pillows sleeping at night • Constant cough or wheeze • Very tired 	<p>What to do:</p> <p>If my weight has increased:</p> <p>_____</p> <p>_____</p>

I do not feel well

Weight down by _____kg over 1-2 days

- Dry mouth/skin
- Dizziness

If my weight has decreased:

Call my doctor or nurse:

I need to get help now,
call 111

My symptoms:

- Sudden, severe shortness of breath
- **Angina** not relieved by two puffs of GTN spray five minutes apart
- Develop new chest pain/tightness/heaviness
- Sweating, weakness or fainting

What to do:

Call 111 for emergency help NOW.

Our grateful thanks to Independent Health, Buffalo, for allowing us to adapt this heart failure action plan.

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

Heart Foundation, PO Box 17160, Greenlane, Auckland 1546

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

