



Healing Hearts

Living Well with Heart Failure

MaineHealth

www.mainehealth.org





For provider and patient to do during the visit:

1. Review this guide together.

2. Fill in the yellow spaces on this page and other pages.

Name: _____

With your doctor, fill in all the yellow areas below:

MY HEART

■ My Heart pumps at _____%.

■ I have **SYSTOLIC** / **DIASTOLIC** heart failure.
(circle one)

MY SALT

Every day, I should eat between
_____ and _____ milligrams of salt (sodium).

MY FLUIDS

Every day, I should NOT drink more than
_____ ounces of fluids.

MY WATER PILL (DIURETIC)

Name _____

CONTACT NUMBERS

*Circle the name of doctor managing
Water Pill and Target Weight*

Primary Care Doctor

Name _____

Phone _____

Cardiologist

Name _____

Phone _____

Specialist

Name _____

Phone _____

Specialist

Name _____

Phone _____

MY WEIGHT



My Target Weight is _____ **pounds.**



I will call my doctor if my weight goes UP to _____ **pounds or more.**



I will call my doctor if my weight goes DOWN to _____ **pounds or less.**

QUESTIONS FOR MY DOCTOR

What is Heart Failure?



- Heart failure is when the heart cannot pump the blood normally.
- It can make you feel weak, tired or dizzy.
- It can cause water to leak out of your blood vessels. This water can get in your lungs and makes you short of breath. It can cause your legs, feet and belly to swell.
- A heart that is working normally fills completely with blood then pumps out 65% of the blood.
- There are two kinds of heart failure:
 1. Systolic: The heart cannot pump blood out well.
 2. Diastolic: The heart does not fill with blood well.

What *You* Can Do

to keep feeling good and to stay out of the hospital:

- Weigh yourself each day
- Check your “Heart Failure Zone” every day
- Take your medicines correctly every day
- Eat the right amount of salt
- Drink the right amount of fluids
- Exercise regularly



Check Your “Heart Failure Zone” Every Day

Heart failure can cause you to feel bad, have swelling and be short of breath. Doing your daily checkup can help you catch these changes quickly so you can take action to feel better and stay out of the hospital.

Each Day:

1. Check how you feel

- Weigh yourself
- Are you short of breath?
- Do you have swelling?

2. Find which Heart Failure Zone you are in using the Heart Failure Zone Chart.

- Write the date
- Write your weight in the “Weight” box for that day
- Mark the zone you are in (green, yellow or red)










Heart Failure Zone Chart

Write your weight and zone on the back of this page every day.



My Target Weight is pounds.

Every day, I will use this chart to check my weight, swelling, breathing, and energy level. I will take action if **ONE** or **MORE** of these is in the yellow or red zone.

	Green Zone  You are doing OK and in control.	Yellow Zone  Take action—call today.	Red Zone  Take action—call NOW!
	Dr. _____ Phone _____		
WEIGHT 	No change in my weight.	My weight is <input type="text"/> pounds or more. My weight is <input type="text"/> pounds or less.	My weight is <input type="text"/> pounds or more. My weight is <input type="text"/> pounds or less.
SWELLING 	I do not have swelling.	I have swelling in my: <ul style="list-style-type: none"> • foot, ankle or shin • knee or thigh 	I have swelling in my: <ul style="list-style-type: none"> • belly, I feel boated or pants are tighter • hands or face
BREATHING 	I do not feel short of breath. Breathing is normal. Sleep is normal.	I feel short of breath or cough while: <ul style="list-style-type: none"> • walking or talking • eating • bathing or dressing I need to use more pillows when I sleep.	I feel short of breath or wheeze at rest. I feel less alert. I need to sleep sitting up to breathe.
ENERGY LEVEL 	My energy level is normal.	I am too tired to do most of my normal activities.	I am so tired that I can hardly do any of my normal activities.

Tear this page out and keep it next to your scale.

Heart Failure practice tools available at www.mainehealth.org/hf

Check your weight and heart failure zone every day.

[illegible][illegible]

Heart Failure practice tools available at www.mainehealth.org/hf

Water Pill Guide

This guide tells you how much diuretic or “water pill” to take each day.

Please fill it out with your doctor and keep it with your medicines.
Bring this guide and a list of your medicines to all your visits with your doctor.



My Target Weight is _____ pounds.

My Doctor's Name: _____ Phone Number: _____



If my morning weight is **between:**

_____ pounds

and

_____ pounds

Take: _____

Morning Dose:

_____ mg

Afternoon Dose:

_____ mg



If my morning weight is **OVER:**

_____ pounds

**INCREASE my water pill
FOR ONE DAY ONLY**

Take: _____

Morning Dose: _____ mg

Afternoon Dose: _____ mg



If my morning weight is **UNDER:**

_____ pounds

**DECREASE water pill
FOR ONE DAY ONLY**

Take: _____

Morning Dose: _____ mg

Afternoon Dose: _____ mg



If my weight the next morning is **STILL OVER:**

_____ pounds

OR if I have any symptoms such as troubled breathing, fast heartbeat, chest pain or confusion:

CALL MY DOCTOR!



If my weight the next morning is **STILL UNDER:**

_____ pounds

OR if I have any symptoms such as troubled breathing, fast heartbeat, chest pain or confusion:

CALL MY DOCTOR!

If your symptoms are severe, call 911 or go to the emergency room

Heart Failure practice tools available at www.mainehealth.org/hf

Doctor: Please see other side for instructions on using this 'Water Pill Guide.'

Instructions for Provider: MaineHealth “Water Pill” Diuretic Self-Management Guide

Assess patient or caregiver’s ability to understand and execute this protocol safely and accurately. In order to prescribe this protocol, patients should:

- Understand how to calculate ‘mg tablet strength’
- Be on a maintenance loop diuretic dose in the moderate range*

Enter patient's Target Weight: e.g., 150 pounds

My Target Weight is 150 pounds.

My Doctor's Name: _____
Phone Number: _____

If my morning weight is **between**:

154 pounds

and

146 pounds

Take: Furosemide

Morning Dose: 40 mg

Afternoon Dose: 40 mg

If my morning weight is **OVER**:

154 pounds

INCREASE my water pill
FOR ONE DAY ONLY

Take: Furosemide

Morning Dose: 80 mg

Afternoon Dose: 80 mg

If my weight the next morning is **STILL OVER**:

154 pounds

OR if I have any symptoms such as troubled breathing, fast heartbeat, chest pain or confusion:

CALL MY DOCTOR!

If my morning weight is **UNDER**:

_____ pounds

DECREASE water pill
FOR ONE DAY ONLY

Take: 146

Morning Dose: 20 mg

Afternoon Dose: 20 mg

If my weight the next morning is **STILL UNDER**:

146 pounds

OR if I have any symptoms such as troubled breathing, fast heartbeat, chest pain or confusion:

CALL MY DOCTOR!

If your symptoms are severe, call 911 or go to the emergency room

*See mainehealth.org/hf for additional guidance. Patients on higher doses should be referred to the Maine Medical Center Advanced Heart Failure Program if a self-dosed diuretic protocol is desired.

Oral Loop Diuretic Dose Equivalency		
Furosemide 40 mg	Bumetanide 1 mg	Torsemide 20 mg

Heart Failure practice tools available at www.mainehealth.org/hf

How to Weigh Yourself Each Day



1. Get a good bathroom scale.

Tell your doctor or nurse if you cannot afford to buy a scale – they may be able to help you get a scale.

2. Weigh yourself each morning:

After you go to the bathroom, before you eat breakfast, and before you get dressed.

3. Know your Target Weight

Ask your doctor what your Target Weight is each time you visit. Your Target Weight is where your heart is working best.

Staying close to your Target Weight will help you feel better and stay out of the hospital.



My Target Weight is pounds.



I will call my doctor if my weight goes **UP** to pounds or more.



I will call my doctor if my weight goes **DOWN** to pounds or less.

How to Take Your Medicines

Taking your medicines the way your doctor or nurse told you is important. Heart failure medicines help your heart pump better and can help you feel better and live longer.



Take your medicines

- Take each of your medicines, every day, at the right times
- Do not skip doses of your medicines, even when you feel good
- Don't stop taking your medicines. If you think you are having side effects from your medicines, talk to your doctor right away.
- If you are having trouble paying for your medicine, talk to your doctor. To speak with others who can help you, call:
 - MedAccess 1-877-275-1787
 - Consumers for Affordable Healthcare 1-800-965-7476

Patients who take their medicines as the doctor said *live longer, feel better* and *spend less time in the hospital*.



Don't run out of pills

- Make sure you always have enough medicine left in your pill bottles. Don't let your medicine bottles run out.
- Check the number of refills you have left every time you pick up your medicine bottles. If the label says **No Refills** or **Refills: 0**, call your doctor right away to get more refills.
- Get all your pills from the same pharmacy every time.

Make a Plan

A plan will help you remember when to take your medicines every day.

- Keep an updated list of your medicines that says how many pills to take and when to take them.
- Keep all your medicines in one place—maybe next to your toothbrush, at your bedside, or in the kitchen.
- Some people use a pill box to hold their pills for each day of the week. This can help you remember if you have taken your pills that day.
- If you are going out of the house for a long time, bring enough medicine with you.



Partner With Your Doctor to Manage Your Medicines

What To Do

- Bring all of your pill bottles and your medicine list to each doctor visit.
- Show your doctor how and when you take your pills.

Why To Do It

- This will help your doctor decide if you should stop or change any of your pills.
- This way you and your doctor can work together to keep you safe and make sure you don't run out of pills.



Other Things to Know About Your Medicines



- Generic medicines cost less and are as effective as brand-name medicines.
- Keep an updated list of your medicines and allergies with you at all times.



Vitamins, other drugs and health food supplements:

- Talk with your doctor before you take any other medicines, drugs or supplements.
- Some of these may cause problems with your medicines or may be harmful.
- Even drugs like aspirin, Tylenol, Motrin, Aleve, ibuprofen, vitamins and cold medicines, herbs and supplements and many others might cause problems with your medicines.

How to Eat the Right Amount of Salt

- Salt is also called “sodium” and is found in many foods.
- Many foods you eat have salt even if you can’t see it or taste it or you have not added it yourself.
- Choose foods that are low in salt.
- Don’t add salt when you cook.
- Take the salt shaker off the table.
- Take in between 2000 and 2500 milligrams (mg) of sodium each day unless your doctor recommends a different amount for you.

Remember

Most of the sodium we eat comes from prepared or packaged foods and eating out. Fresh foods are naturally low in sodium.

Eating the right amount of salt will help you feel better.

- Salt makes your body hold water, sort of like a sponge.
- Eating too much salt can make your legs, feet and belly swell up and make you hold water in your lungs, making you short of breath.
- Low salt does not mean no salt. Your body and heart need some salt to work normally.



When you eat at home:

- Don't add salt to food when you cook or eat.
- Season foods with herbs, vinegar, lemon juice and seasonings with no salt.
- Make your own or choose low-salt sauces, salad dressings, breads and desserts.
- Avoid “instant” foods that come in a bag or box.
- Rinse canned foods (even canned fish) before cooking and eating them.

When you eat out:

- Ask for food cooked with no salt.
- Avoid butter, cheese and sauces.
- Avoid fried foods—choose grilled, baked or steamed foods.
- Choose oil and vinegar or lemon juice as salad dressing.
- Avoid or limit fast food.
- Avoid bacon, sausage, ham, hot dogs, bologna and other deli meats.



CHOOSE these low-salt foods:



Fruit



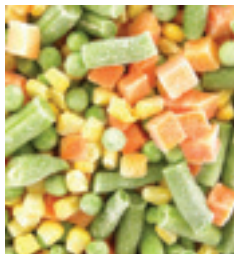
Fresh Fish



**Fresh Lean
Poultry and Meats**



Yogurt



Frozen Vegetables



**Lemon, Olive Oil
and Vinegar**



Dried Beans



Fresh Vegetables



Unsalted Nuts



Whole oats



Graham Crackers



Eggs

AVOID or **LIMIT** these high-salt foods:



Fast Food



Frozen Meals



**Hot Dogs, Bacon,
Smoked Meat**



Pizza



Cheese



**Canned Beans
and Vegetables**



**Instant
Hot Cereals**



**Canned Or
Potted Meat**



**Sauces and
Dressings**



Snack Foods



**Canned and
Smoked Fish**



Canned Soup

Reading a Food Label

There are many hidden sources of salt in the foods we eat, so it is important to read food labels.

SAMPLE FOOD LABEL

Step 1
Look at the
serving size

Step 2
Look at the
sodium per
serving

Nutrition Facts	
Serving Size 1/2 cup (120g)	
Servings Per Container 3.5	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 0%
Not a significant source of calories from fat, saturated fat, <i>trans</i> fat, cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	

This food has 30mg of sodium in ½ cup.

This food is a good choice!

Watch how much you eat.

- Choose foods called:
 - Low sodium
 - No salt added
 - Sodium free
- Count your mg of sodium as the day goes on.
- Take in between 2000 and 2500 milligrams (mg) of sodium each day unless your doctor recommends a different amount for you.

Drink the Right Amount of Liquids

Your doctor may recommend that you limit how much fluid you drink each day. Balancing how much you drink, along with reducing salt, can help you feel better. This is especially important if you take heart failure medicine and still have swelling or are short of breath. Extra fluid causes more work for your heart.



To lose extra fluid, you need to drink less and pee more.

Fluids include water, juice, milk, soup, ice cream, and more. Anything with fluid in it can count.

(Remember: Do not drink alcohol!)

How to keep track of how much you drink each day

- Keep two 1-quart (or 32 ounce) pitchers handy in the kitchen.
- Start with the pitchers empty each day.
- Each time you have a drink, pour that same amount of water into the pitchers.
- When the pitchers start to get full, it is time to limit the amount you drink that day.

Exercising is Important!

Why should I exercise?

- Being more active is one of the best things you can do for your heart failure.
- Being fit makes less work for your heart.
- Moving more can help you have more energy and feel more upbeat.

Ways you can exercise:

- Walk—it is easy, fun and free.
- Mow the lawn, work in the garden.
- Use a stationary bike.
- Go to an exercise class.
- Sweep, vacuum or dust.
- Exercise with a friend or a partner.



Be safe

- Start slowly, with 10 minutes a day. Your body needs time to build endurance!
- Know that routine exercise WILL get easier.
- Talk to your doctor to make a plan that is right for you.

Cardiac Rehab

- Ask your doctor about cardiac rehab. Cardiac rehab can help you exercise safely and lower your risk of future heart problems.

Important!

If you have any of these symptoms that do not go away with rest, call 911.

- chest pain
- severe shortness of breath
- dizziness

Talk with your doctor about any changes in how you feel when you exercise.

What About Tobacco and Alcohol?

Quitting **TODAY** is the most important thing you can do for your heart.

Don't smoke or use tobacco products

- Smoking, secondhand smoke and other tobacco products make your heart and lungs work harder.
- If you smoke, talk to your doctor or nurse about getting help to quit.

You can get help to quit from the Maine Tobacco Helpline, 1-800-207-1230.

1-800-207-1230

THE MAINE TOBACCO HELPLINE

It's free, confidential, and it really works.



Do not drink any alcohol

- Drinking alcohol can weaken your heart.



Living Well with Heart Failure

Heart Failure is a serious illness and it often gets worse over time. It is important to think about what “living well” with Heart Failure means to you and to plan ahead. Talk with your doctors and healthcare team about your future healthcare and what matters to you. The goal is for you and your family to have the best quality of life possible. This type of planning is part of advance care planning.

Talk with your loved ones so they understand your wishes for care. That way, if you become more ill, and can’t speak for yourself, your loved ones can help your healthcare team care for you in the way you want. It is best to start planning for your future care early, when you are doing okay. Completing an advance care planning document can help ensure your wishes for care are honored.

Ask your doctor about palliative care. Palliative care, which focuses on quality of life, may improve your quality of life and may even lead to a longer life.

Five steps to help you plan for your care:

1. Think about what “living well” means to you

- What gives your life meaning?
What matters to you?
- For instance, think about a good day: What would you be doing?
Who would you talk to?
What would you do?

2. Talk with your doctor, healthcare team, and loved ones about your future healthcare and goals

- What fears or worries do you have about your Heart Failure?
- When you get sicker, what kind of treatments would you want if it might help you live longer?
- What are the treatments for advanced heart failure?
- What role can Palliative Care play in your care?

- Will you want cardiopulmonary resuscitation (CPR), breathing machines, and life support if your heart stops or if you stop breathing?
- Where will you want to be cared for when your heart disease gets worse?
- Who else should be part of this conversation, such as chaplain, care manager or others who care for you?

3. Choose a health care agent, also called a medical power of attorney or health care proxy

- Who do you want to make medical choices for you if you cannot speak for yourself?
- Talk with your health care agent about what matters to you and what your future goals are.

4. Write down your goals and wishes and share them with your healthcare team and loved ones

- Ask your healthcare team about completing an Advance Directive or Physician Orders for Life-Sustaining Treatment (POLST) to document your wishes.

- Discuss your wishes and share a copy with your health care agent, your doctor, your loved ones, and the hospital where you want to receive care.

5. As Heart Failure is often progressive and your goals for care might change, be sure to update your Advance Directive or POLST

- When your health conditions change or your Heart Failure worsens.
- If your health care agent changes.
- When there are changes in your family.



What Else Will Help Me Live Well With Heart Failure?

Keep your doctors' visits

Be sure to keep all your doctors' appointments and partner with your doctor to plan your care.

- By learning more about heart failure, you and your doctor can better manage your care.
- When you see the doctor, bring a list of your medications and your weight records.
- Keep your doctors' visits even when you are feeling well.

Get a flu shot

- Get a flu shot every year and pneumonia shots as directed by your doctor.
- When you have heart failure, the flu can be deadly.
- A flu shot will help you to not get the flu.

To find out more about:

- Heart health resources, including local, state, national and on the internet

Go to www.mainehealth.org

Additional Heart Failure Information

To learn more about other treatment options for advanced heart failure, such as defibrillators, heart pumps, and heart transplant, call the Maine Medical Center Heart Failure Program at 207-662-4824.

More information on heart failure is available at www.mainehealth.org/hf.

Know what your pills do for you

You will be taking medications as part of your heart failure treatment. Some of these medications can make you live longer and improve your heart function. Other medications are to make you feel better.

Kind of Medication	What it Does	Common Names
Angiotensin Converting Enzyme Inhibitors (ACE-I's) and Angiotensin Receptor Blockers (ARB's)	Help your heart return to a normal shape so it can work better	Lisinopril Enalapril Losartan Valsartan
Beta-Blockers	Lower your heart rate and blood pressure to make less work for your heart. Make your heart pump better to help you live longer	Carvedilol Metoprolol Bisoprolol
Water Pills, also called diuretics	Help you feel better by making you “pee” (urinate) more, to get rid of extra salt and water	Furosemide (Lasix) Bumetanide Torsemide
Aldosterone Antagonists	Help you live longer	Spironolactone Eplerenone

Notes

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This guide is designed to help you and your family better manage heart failure.

The goal of the MaineHealth Heart Failure Program is to help patients with heart failure have better health outcomes by supporting better patient care, education and support.

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To download practice tools go to www.mainehealth.org/hf.

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