

CONGESTIVE HEART FAILURE DISCHARGE INSTRUCTIONS

You have been in the hospital to treat your congestive heart failure. This means that your heart does not pump blood as well as it should. Sometimes the blood backs up into your lungs and makes you short of breath. Congestive Heart Failure is a chronic disease but it can be controlled so you can live a healthy, full life.

CLINIC APPOINTMENT

- You have a follow-up appointment on _____ in the _____ Clinic.
- Your clinic appointment will be mailed to you. If you don't receive a follow up appointment within the next two weeks, please call _____.

MEDICATIONS - Take your medicines as ordered. They are listed on your patient discharge medication list.

REFILLING MEDICATIONS

You will find refill slips in the package with your medicines.

- Send them in as soon as you get home, so they will be mailed in plenty of time.
- You can also call the pharmacy at _____ to re-order medications. Be sure to order at least 14 days before you need the new prescription. Give the pharmacy your new address if you have moved.

DIET – Controlling sodium or salt intake is very important

- You are to follow a 2000mg sodium a day diet.
Other diet restrictions: _____
- Eat only low sodium foods. Too much sodium causes your body to hold extra fluid. This makes your heart have to pump harder. Remember, you can find the sodium content of foods on the side of the container under Nutritional Facts.
- You can also reduce sodium by not adding salt to your food or cooking water.

WEIGHT - Controlling your weight is very important.

- Weigh yourself every day at the same time and write it down.
- Bring your record of your daily weight to clinic.

- Call _____ if you gain 5 or more pounds in a week. Gaining weight is a sign you are holding extra fluid which makes your heart work harder.

ACTIVITY

Nurse, Check Discharge Orders and Circle Activity For CHF Class and X Out Other Entry

☐ CHF CLASSIFICATION 1-2:

Do some form of physical activity, such as walking, or driving a manual wheelchair 10 minutes a day as tolerated. Start slowly and increase your activity slowly to 30 minutes a day. Stop and rest if you have chest pain, dizziness, shortness of breath or a rapid pulse. Exercise helps to strengthen your muscles and make you more flexible.

☐ CHF CLASSIFICATION 3-4:

No exercise program until your next clinic visit. Keep your legs up on a footstool.

NOTE: This content based on *A Patients Guide to Managing Heart Failure*; HERC Publishing

IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS, CALL

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1. Weight gain of 5 or more pounds in a week
 2. Dizziness
 3. Shortness of breath that is getting worse
 4. Swelling in your ankles

CHEST PAIN CAN BE AN EMERGENCY. CALL 911 IF YOU HAVE ANY OF THE FOLLOWING:

- You have chest pain or chest discomfort that lasts longer than fifteen minutes.
- Weakness, feeling sick to your stomach, feeling faint, dizzy or sweating with or without chest pain
- Chest discomfort that feels like tightness, pressure, burning, or heaviness that lasts for about 15 minutes.
- Sudden shortness of breath with no other cause.
- If you are taking nitroglycerin for chest discomfort and you have taken 3 tablets with no relief.

DO NOT DRIVE YOURSELF TO THE EMERGENCY ROOM. CALL 911

Congestive Heart Failure Daily Weight Log

	Month:			Month:			Month:		
	Date	Time	Weight	Date	Time	Weight	Date	Time	Weight
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