

CONGESTIVE HEART FAILURE NURSING 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 in the CHF outpatient nurse clinic
On _____ at _____
- You have a follow up appointment with your provider on _____ at _____
- Your clinic appointment will be mailed to you. If you don't receive a follow up appointment within the next three days, please call the nurse help line 263-2846

HOME TELEHEALTH

- Hook up your Home Telehealth equipment as soon as you get home.
- Answer your monitor DAILY, including weekends and holidays.
- If you have problems or questions, contact your Home Telehealth Care Coordinator at the phone number you were given in your packet

MEDICATIONS –

- Take your medicines as ordered. They are listed on your patient discharge medication list.
- Re-order your medications when you have a 3 week supply left. Refills come from the main pharmacy in Kansas and will take longer to arrive.

DIET — Controlling sodium or salt intake is very important. Too much sodium causes your body to hold extra fluid. This makes your heart have to pump harder.

- You are to follow a 2300mg sodium/no added salt a day diet.
- Remember, you can find the sodium content of foods on the side of the container under Nutritional Facts.
- Reduce sodium by not adding salt to your food or cooking water.

WEIGHT –Checking your weight EVERY DAY is very important. This is how you will know if your body is retaining fluid

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

ACTIVITY-As directed by your provider

IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS, CALL YOUR PRIMARY CARE NURSE AT: 263-2846

1. Weight gain of 3 # overnight or 5 # in a week
2. Dizziness
3. Shortness of breath that is getting worse
4. Swelling in your ankles
5. Increasing or unusual tiredness
6. Chronic dry cough

IF YOU HAVE ANY OF THE FOLLOWING, CALL 911:

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

DO NOT DRIVE TO THE EMERGENCY ROOM. CALL 911