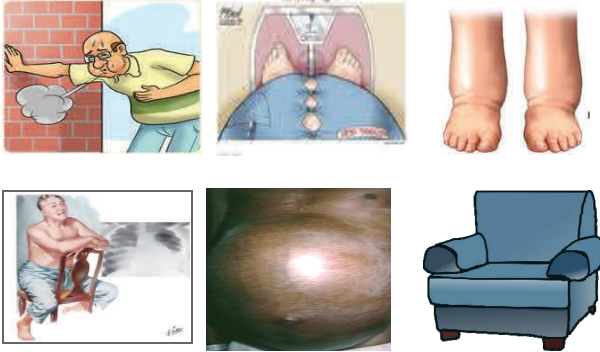


Is my Heart Failure getting worse?



Swelling of ankles, legs or abdomen, abdominal bloating, increased difficulty with breathing, a dry hacky cough, dizziness or falling, new or increased frequency of chest pain — contact the Heart Failure Disease Management Program or go to the nearest Emergency Department.

It is important to remember:

Fluid intake of at least 1.5L and do not drink more than 2.0L/day (unless instructed)



Salt needs to be reduced to less than 2000 mg (2g) salt/day (1.5 teaspoon)

No salt on the table.

Read food labels and look for foods which contain 5% or less sodium.

Weigh yourself everyday—same time (before breakfast)—with clothes or without, same scale—don't move the scale around.

Develop a routine for weighing and recording your weight and write it down. This way you will know when you are starting to gain weight due to fluid

Multidisciplinary team comprised of Cardiologists, a Nurse Practitioner, 4 Registered Nurses & a booking clerk

- Education
- Out-patient consultation and follow-up
- Medication Reconciliation
- Laboratory Tests
- Diagnostic Tests
- Referral to Cardiac & Pulmonary Rehabilitation
- Consultations/referrals to other health care providers as required
- Advanced Care Planning

Heart Failure Disease Management Program

There are two locations at Health Sciences North:

Centre Tower—Third floor — Rm 3290-3295

South Tower —1st floor — Medical Day/Infusion Clinic

To speak to the **booking clerk** about an upcoming test or appointment—please call **705-523-7100 ext. 1221**. You may leave a message. Please be aware that there is not always a booking clerk available. If you need to speak to someone then please call the RN's.

To speak to an **RN**, please call **705-523-7100 ext. 3662**. If there is no answer, you may leave a message and an RN will return your call either that same day or the next business day.

If you require urgent assistance and cannot wait for the booking clerk or RN to get back to you then you should contact your primary care provider, attend a walk in clinic or seek care at your nearest Emergency Department.

You may email us at:

Email: hfdmp@hsnsudbury.ca

If you live out of town, you may call us toll free at:

1-866-858-1456 ext **3662**

Business Hours—Monday to Friday—8:00 am to 5:00 pm (closed for stat holidays)



Health Sciences North
Horizon Santé-Nord

Heart Failure Disease Management Program



**Helping You Manage
Your Heart Failure**

705-523-7100 x 1221 (booking clerk)
705-523-7100 x 3662 (RN)
705-523-7081 (Fax)

Heart Care Zones

Every Day

Every day

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt diet (less than 2000 mg/day). This is less than one teaspoon of salt.
- Balance activity and rest periods.

Green Zone

All Clear—Goal Zone

Your symptoms are all clear

- No increased shortness of breath
- No weight gain greater than 2 pounds overnight or 3-5 pounds in a week.
- No increased swelling of your feet, ankles legs or stomach
- No chest pain or tightness.
- Normal activity

Yellow Zone

Caution—This zone is warning you to contact your physician:

Name: _____ Number: _____

- You have a weight gain greater than 2 pounds overnight or 3-5 pounds in a week.
- New or more frequent chest pain or tightness.
- More shortness of breath. It's harder to breathe when lying down; you need to sleep sitting up in a chair or with extra pillows.
- More swelling of your feet, ankles, legs, or stomach.
- Dizziness or falling. Feeling more tired. No energy.
- Dry, hacky cough.
- Feeling uneasy, you know something is not right.

Red Zone

Emergency

Go to the emergency room or call 911 if you have any of the following:

- Unrelieved, new or more frequent chest pain or tightness.
- Problems that don't improve after talking to your physician/nurse.
- Struggling to breathe. Unrelieved shortness of breath while sitting still. Have new onset of confusion or inability to think clearly.



Weight

Check your **weight** everyday. Call your doctor for a weight gain of 2 pounds a day or 3-5 pounds in 1 week.

Medications

Take all your **medications** as prescribed. Call your doctor if you have any problems taking your medications. Call for medication refills 1 week prior to running out.

Low Sodium

Eat a low **salt** diet (approximately 2000 mg/day). Avoid eating foods with high salt content such as canned goods or processed foods.

Activity

Gradually increase **activity**. Discuss activity with your doctor then gradually increase as tolerated. Stop if you get short of breath, chest pain or tightness.

Regular Visits

Schedule regular **Doctors** appointments. Ask your doctor when you should follow up next with them.

Fluid Restriction

1.5—2.0 L/day

Heart failure teams can be comprised of several members depending on the goals of care, the population served and the available resources. Our heart failure program is one of the **only** ones in Northeastern Ontario.



The program's core team provides complex management of heart failure and includes cardiologists, a nurse practitioner, registered nurses and one part-time booking clerk. Together, the team is responsible for all aspects of your care.

The inter-professional team approach is needed to:

- Optimize medications
- Carefully review and prescribe treatment accordingly
- Educate and counsel patients and families regarding medication use and lifestyle changes
- Provide advance care planning
- Provide discharge follow-up
- Accommodate requests for urgent consultations

Patients in the program are seen by a cardiologist **OR** a nurse practitioner and may rotate between the two from appointment to appointment.

We do not have the resources to facilitate requests to be seen only by a cardiologist. If your preference is to be only seen by a cardiologist for your appointments, we will refer you to another cardiologist of your choice.