

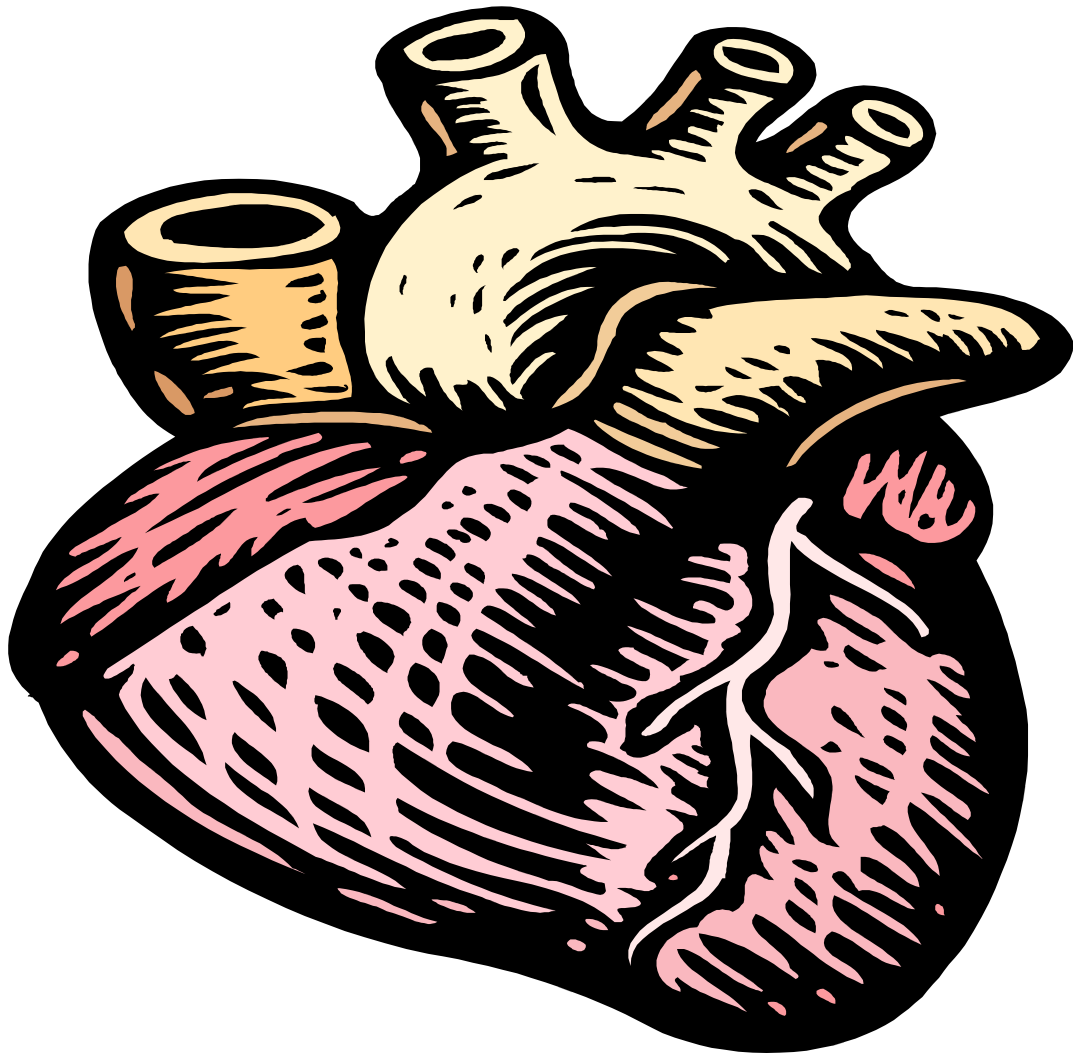


MORRIS
HOSPITAL
& HEALTHCARE CENTERS

People You Know. Extraordinary Care.

CARDIAC EDUCATION FOR OUR COMMUNITY

CONGESTIVE HEART FAILURE



I. WHAT IS THE HEART?

The heart is simply a pump. The left side of the heart pumps oxygenated blood to the body and the right side of the heart collects the used “unoxygenated” blood and pumps it the lungs to get oxygenated.



II. WHAT IS CONGESTIVE HEART FAILURE (CHF)?

Congestive Heart Failure is a medical term used to describe a process where by the heart can't pump enough blood to meet the demands of the body's organs. Underlying conditions which can contribute to congestive heart failure include coronary artery disease (narrowed vessels that supply blood to the heart muscle), previous heart attacks, hypertension, diseases of the heart valves, cardiomyopathy (disease of the heart muscle), endocarditis, myocarditis. The "pump" works, but not as efficiently as it should, causing shortness of breath and fatigue. Blood that flows out of the heart slows down and the blood that is returning to the heart backs up causing congestion in the tissue. Swelling then results, usually in the legs or ankles. Fluid may collect in the lungs causing shortness of breath. The kidneys may not be able to rid the body of excess sodium (salt) and water and this also may cause swelling.

III. WHAT ARE THE SIGNS AND SYMPTOMS OF CONGESTIVE HEART FAILURE?

- 1. Weight gain - 3 pounds or more in one day, five pounds or more in 1 week (recommendation by the American Heart Association).**
- 2. Shortness of breath while NOT exerting.**
- 3. Cough not related to nasal congestion.**
- 4. Increased swelling of the legs, ankles, and abdomen.**
- 5. Feeling tired all the time.**

Notify your physician or the Emergency Dept. if your condition worsens or if you experience any of the above symptoms.

IV. HOW IS CONGESTIVE HEART FAILURE TREATED?

Congestive Heart Failure usually requires treatment to improve the heart's ability to “pump”. These include rest, medication, and diet.

- **Rest**

- ✓ Plan rest periods throughout the day.
- ✓ Elevate legs when sitting.
- ✓ Don't cross your legs or ankles.
- ✓ Eliminate activities that cause symptoms.

- **Medication**

Medication may be used to treat heart failure. Your physician will prescribe medication.

1. Captopril (Capoten), Enalapril (Vasotec); Ramipril (Altace); Lisinopril, (Zestril Prinivil): Quinapril (Accupril) Fosinopril (Monopril) Benazopril (Lotensin).
 - a. Action: lowers blood pressure, reduces sodium and water retention.
 - b. Side effects: headache, dizziness, nausea, dry cough, skin rash.
2. Hydrochlorothiazide (Hydrodiuril, Oretic); Furosemide (Lasix); Bumetanide (Bumex); Spironalactone (Aldactone); Triamterene (Dytac); Metolazone (Xaroxolyn).
 - a. Action: increases sodium and water excretion.

- b. Side effects: dizziness, headache, fatigue, weakness, restlessness, anxiety, blurred vision, dehydration, poor appetite, nausea, diarrhea, constipation, skin rash.
3. Isosorbide (ismetic); Hydralazine (apresoline).
 - a. Action: relaxes smooth muscle widening blood vessels.
 - b. Side effects: headache dizziness, fast heart rate, nausea, vomiting, diarrhea, constipation, skin rash.
 4. Digoxin (Lanoxin); Digitoxin.
 - a. Action: strengthens the force of heart beat.
 - b. Side effects: fatigue, hallucinations, headache, dizziness, blurred vision, eyes sensitive to light.
 5. Metoprolol (lopressor) (Toprol XL): Coreg.
 - a. Action: slows heart rate and lowers blood pressure.
 - b. Side effects: fatigue, dizziness, depression, nausea, diarrhea, shortness of breath.
 6. Warfarin (Coumadin); Heparin.
 - a. Action: thins blood
 - b. Side effects: nausea, vomiting, abdominal cramps, diarrhea, sore mouth, blood in stool, blood in urine.
 7. Losartan (Cozaar); Valsartan (Diovan)
 - a. Action: relaxes smooth muscle causing vessels to widen.
 - b. Side effects: dizziness, inability to sleep, diarrhea, muscle cramps, back or leg pain, nasal congestion, cough.

8. Amlodipine (Norvasc)
 - a. Action: causes smooth muscle to relax.
 - b. Side effects: headache, fatigue, dizziness, flushing, nausea, abdominal pain, skin rash.
9. Potassium (Kaochlor, Kaon-Cl, K-Dur, K-Lyte).
 - a. Action: replace potassium depleted by other medications.
 - b. Side effects: listlessness, mental confusion, weakness, nausea, vomiting, abdominal pain, diarrhea.

DO NOT STOP ANY MEDICATION WITHOUT DISCUSSION WITH YOUR DOCTOR FIRST.

- **Hints regarding your medication include:**
 1. **Inform your physician of ALL medications that you are currently taking - herbal medication, “over the counter medication”.**
 2. **If side effects occur, contact your physician prescribes.**
 3. **Take medication exactly as your physician prescribes.**
 4. **Keep enough medication on hand so you don’t run out.**
 5. **Establish daily routines to take your medication - try to take them at the same time each day.**
 6. **Keep a record of when you take your medication - name of medication, dose, and time of day that you take it. Take this to the physician’s office or to the hospital.**

- 7. Ask your physician what time of the day you can take your WATER PILL (if your physician has prescribed one). Taking water pills later in the day can interrupt sleep because of urinating frequently.**
 - 8. DO NOT STOP ANY MEDICATION WITHOUT DISCUSSING WITH YOUR DOCTOR FIRST.**
- **Diet**

Maintaining a proper diet can help improve the symptoms of congestive heart failure. Your physician will prescribe the type of diet to be followed and most diets include a low fat low salt diet. Make changes over time to help manage heart failure. Some recommendations include:

 - ✓ Limit sodium intake to 2400mg (milligrams) per day - read food labels.**
 - ✓ Remove the salt shaker from the table.**
 - ✓ Don't add salt when cooking.**
 - ✓ Rinse canned foods before cooking.**
 - ✓ Use non-fat milk.**
 - ✓ Trim fat from beef and pork.**
 - ✓ Remove skin from turkey and chicken.**
 - ✓ Don't fry foods - bake, broil, grill, or roast.**
 - ✓ Eat fresh fruits and vegetables.**

**V. WEIGHT
WEIGH YOURSELF DAILY AND RECORD
THE RESULTS**

- 1. Weigh yourself at the same time each day.**
- 2. Use the same scale to weigh yourself each day.**
- 3. Record your weight on the enclosed form.**
- 4. Take record of weight to the physician's office.**



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 food.
- Balance activity and rest periods.

Which Heart Failure Zone are you today? GREEN, YELLOW or RED?

GREEN ZONE

ALL CLEAR – This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION – This zone is a warning

Call your doctor's office if:

- You have a weight gain of 3 pounds in 1 day *or* a weight gain of 5 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right.
- It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.

RED ZONE

EMERGENCY

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

- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can't think clearly.

PATIENT AND FAMILY RESOURCES:

1. Free CHF tutorials found on the following websites:

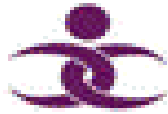


<http://www.nlm.nih.gov/medlineplus/tutorials/congestiveheartfailure/htm/index.htm>



<http://www.qualidigm.org/hearttalkVideos.aspx>

2. The “Cardiac Education for Our Community” booklet that you received at Morris Hospital can be accessed at:



Morris Hospital

<http://www.morrishospital.org/patients-visitors/discharge-education/>

3. The American Heart Association can be found at the following website address:

<http://www.heart.org/HEARTORG/>

4. Try this site to organize your medications at home:



<http://www.mymedschedule.com/>