

# Daily self-management tool for heart failure

## Everyday:

- Weigh yourself in the morning before breakfast - write down and compare to yesterday's weight
- Take your medicine as prescribed
- Check for swelling in your feet, ankles, legs and stomach
- Avoid foods high in salt
- Balance activity and rest periods

## Which heart failure zone are you in today?

-  Green
-  Amber
-  Red

## Your usual symptoms are under control. You have:

- No increased breathlessness
- No extra swelling of your feet, ankles, legs or stomach
- No significant weight gain (it may change by 1-2lbs some days)
- If weight increases by 3lbs and continues to increase the next day, move to the Amber Zone



Symptoms are well controlled

## Your usual symptoms have changed. You have:

- Rapid weight gain of more than 4-5lbs (2-2.5kg) over 2 consecutive days or weeks
- Increased breathlessness and tolerating less activity
- Increased swelling of feet, ankles, legs or stomach
- Loss of appetite/nausea different to usual
- Worsening dry cough
- Dizziness or different to usual
- More difficulty breathing when lying down
- You need to sleep sitting up in the chair
- You have become confused about your medications
- You have had vomiting or diarrhoea for over 24 hours
- You have worsening or new angina



Contact your Dr or Nurse ASAP

## Call 999 if you have any of the following symptoms:

- Struggling to breathe
- Severe and persistent breathlessness whilst sitting up
- Chest pain not relieved by GTN spray if you use it
- Fainting



Call for help IMMEDIATELY