

My heart failure action plan

Good to go

My symptoms



Weight stable



No new swelling. Legs and tummy look normal



Breathing is easy



Physical activity is normal

Action



Keep taking heart pills



Do daily checks



Stay active



Eat a healthy, low-salt diet



See your doctor or nurse regularly

Review this action plan each time you see your heart failure nurse or doctor.

Stay alert

My symptoms



Target **weight up** 2kg+ in 1-2 days



Swelling in ankles, legs or tummy



Hard to breathe when active or at night



Need to use more pillows at night



Constant cough or wheeze



Very tired

Action

Call my doctor or nurse if symptoms continue

OR

My symptoms



Target **weight down** 2kg+ in 1-2 days and weight loss ongoing



Dry mouth/skin



Dizziness

Action

Call my doctor or nurse

Get help now

My symptoms



Sudden severe shortness of breath



Angina not relieved after following angina action plan



New chest pain, tightness or heaviness

Action



CALL 111 NOW

Useful information

Cardiac nurse/doctor

Name: _____

Phone: _____

Name: _____

Phone: _____

My heart pills

My target weight

Kg: _____

