

Finally **remember**:

1. No more than 1,5 liters of water a day (except your doctor's recommendation).
2. Avoid foods high in salt and not to add to meals.
3. Always take your treatment.
4. Do light exercise daily.
5. Do not smoke and avoid alcohol.
6. Avoid using antiinflammatory.
7. If alarm data displayed, go to the emergency room or notify emergency services.



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PROGRAM

Education in Congestive Heart Failure



Internal Medicine Unit



Junta de Andalucía

Consejería de Salud y Familias

SERVICIO ANDALUZ DE SALUD

Congestive Heart Failure is a chronic disease that occurs when the heart is unable to pump blood effectively.

What are the signs?

1. **Shortness of breath** or **breathlessness**.
2. **Fatigue** when doing activities.
3. **Swelling in ankles** and/or legs.
4. **Need more pillows** in bed to feel breathlessness.
5. **Get up sharply** at night from lack of air.



In order to improve your quality of life and to avoid income or emergency room visits, we advise you to spend only **5 minutes** a day to control easily **3 basics aspects** of the disease:

1 **You should monitor your weight daily:**

Each morning before breakfast and after urinating.

Record you weight on your chart or paper. Your ideal stable weight is:



If your weight goes up by **more than 2 kg over 2 or 3 days**, it means you are retaining fluids. Check the instructions of the use of diuretics on clinical report or contact your doctor.



2 **Monitor your blood pressure:**



Every day when you are quiet. If your blood pressure is higher than **140/90** mmHg it means that it is high.

Check the instructions on clinical report or contact your doctor.

3 **Monitor the swelling of your legs:**



Swelling on legs means retention fluids and could mean that **your heart starts to fail**. Ask yourself every day:

Do I have very swollen ankles?

Do my socks feel tighter than before?

Do my clothes fee tighter around the waist?

If the swelling is worse, check the instructions on clinical report or contact your doctor.