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| <b>General Health Guidelines</b><br>Everyday:   | <ul style="list-style-type: none"> <li>• Weigh yourself in the morning</li> <li>• Take your medicine(s)</li> <li>• Eat low salt food</li> <li>• Balance activity with rest periods</li> </ul>   |
| <b>Green Flags — All Clear</b>  <p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• No new or worsening shortness of breath</li> <li>• Weight gain less than 2 pounds (although a 1-2 pound gain may occur some days)</li> <li>• No new or worsening swelling of your feet, ankles, legs, or abdomen</li> <li>• No chest pain</li> <li>• Ability to do usual activities</li> </ul>   | <b>What this means...</b> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Continue to take your medicine(s) as ordered.</li> <li>• Follow health eating habits</li> <li>• Keep all healthcare provider appointments.</li> </ul>   |
| <b>Keep up the great work!</b>  |   |
| <b>Yellow Flags — Caution</b>  <p><b>If you have <u>any</u> of the following:</b></p> <ul style="list-style-type: none"> <li>• A weight gain of 2-3 pounds within 24 hours or 4-5 pounds in a week</li> <li>• Worsening shortness of breath</li> <li>• Worsening of swelling of your feet, ankles, legs, or abdomen</li> <li>• Fatigue or lack of energy</li> <li>• Dry hacking cough</li> <li>• Dizziness</li> <li>• An uneasy feeling—you know something is not right</li> <li>• Difficulty breathing when lying down or you sleep sitting up with extra pillows</li> <li>• Chest pain or heaviness</li> </ul> | <b>What this means...</b> <ul style="list-style-type: none"> <li>• Your symptoms indicate that you need an adjustment of your medicine(s).</li> <li>• Your CHF is not under good control.</li> </ul> <div> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div> |
| <b>If you notice a Yellow Flag, work closely with your health care team.</b>  |   |
| <b>Red Flags-Stop and Think</b>  <p><b>If you:</b></p> <ul style="list-style-type: none"> <li>• Have any of the following yellow flag symptoms AND are struggling to breathe or have unrelieved shortness of breath while sitting still, and cannot sleep lying flat.</li> <li>• Have chest pain not relieved or reoccurs after taking 3 nitro tablets.</li> <li>• Loss of appetite.</li> <li>• Have confusion or can't think clearly.</li> </ul>  | <b>What this means...</b> <ul style="list-style-type: none"> <li>• This indicates you need to be seen by a healthcare professional immediately.</li> </ul> <div> <p>Name:</p> <p>Number:</p> <p>Follow these instructions: <b>CALL 9-1-1</b></p> </div>   |
| <b>If you notice a Red Flag, CALL 9-1-1. Emergency!</b><br><a href="#">American College of Cardiology</a>   <a href="#">American Heart Association</a>   <a href="#">Family Doctor.org</a>  |   |

## Congestive Heart Failure Fast Facts

- About 6 million or 1 in 5 adults in the U.S. have heart failure and there are 900,000 people newly diagnosed every year.
- Congestive Heart Failure is a clinical diagnosis. Your heart doesn't work as well, and it can't pump the blood throughout your body. You could have mild, moderate, or severe heart failure.
- You may have trouble breathing when you exercise or trouble breathing you are resting, particularly if you are lying flat. You also may have wheezing, or have a dry, hacking cough. You may feel tired and not able to do as much activity as you usually do.
- Some diseases increase your risk of heart failure, and these include coronary artery disease, high blood pressure, a previous heart attack or abnormal heart valves.
- Other risk factors include smoking tobacco, being overweight, lack of physical exercise, and eating foods high in fat and having diabetes.
- When your heart does not pump well there is less blood delivered to your kidneys. This causes your body to hold onto fluid, so you may have swelling in your ankles, legs, and even in your abdomen. This swelling is called "edema."
- You can have heart failure along with other chronic conditions, which make taking care of this diagnosis more challenging.
- Heart failure is the #1 reason for hospital admissions in older adults.
- Paroxysmal Nocturnal Dyspnea (PND) is associated with congestive heart failure. PND means you have difficulty breathing when lying down or you sleep sitting up with more pillows than usual, or you wake up a couple of hours after falling asleep short of breath.

## What can you do?

- Talk with your health care provider about your treatment plan and goals.
- Take all medicine(s) as prescribed.
- Eat a healthy/low sodium diet.
- Check your weight daily. If you notice a 2–3-pound weight gain in a day, or 5 pounds in a week, call your health care provider.
- If you smoke, please ask for information to assist in quitting.
- Get daily physical activity.
- Receive the flu and pneumonia vaccines.
- Discuss your goals and preferences for medical care with your health care provider and consider completing an Advance Directive.



# **Congestive Heart Failure (CHF)**

## **Self-Management Plan**

### **Southeast Washington Aging and Long Term Care**

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

**Upper Valley Yakima County: 509-469-0500**

**Lower Valley Yakima County (Grandview): 509-402-0334**

**Benton County: 509-735-0315**

**Franklin County: 509-412-1013**

**Kittitas County: 509-925-8765**

**Walla Walla County: 509-529-6470**

**Columbia County: 509-382-4787**

**Garfield County: 509-843-3563**

**Asotin County: 509-758-2355**

**[www.ALTCwashington.com](http://www.ALTCwashington.com)**

