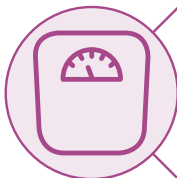




Appendix A: Health Behavior Modifications and Self-monitoring Recommendations



Weight Monitoring: Have the patient record their daily weight. A weight gain of 2 kg over two days or 2.5 kg in one week should be reported to a healthcare provider



Salt Intake: Recommend the patient limit sodium intake to the goal of < 2000 mg per day (no added salt, limit canned food)



Fluid Intake: Recommend the patient limit fluid intake if they report symptoms of congestion, if there are signs of fluid overload, or if patient is on diuretics. The recommended total amount of fluid intake per day is 1.5 – 2 litres.



Alcohol: Recommend patient limit alcohol consumption to 2 standard drinks per week. If the patient's HF is felt to be secondary to alcohol, alcohol must be strictly avoided. If alcohol abuse is suspected, refer to BCGuidelines.ca – *Problem Drinking* for screening and assessment information



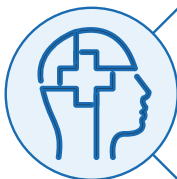
Physical activity: If the patient has stable symptoms and volume status recommend 30 minutes of continuous moderate exercise (e.g., you have enough breath to carry on a conversation), and weight-bearing/resistance and flexibility activities at least twice a week. Consider referral to a cardiac rehabilitation program where available. To find a program in BC, contact HealthLink BC at 8-1-1, website, www.healthlinkbc.ca (search 'cardiac rehabilitation' on the 'Find Services' box).



Smoking: Ask the patient of their smoking history. Strongly recommend smoking cessation. For assistance, refer to Quitnow, website: www.quitnow.ca



Immunization: Encourage an annual influenza vaccine. It is recommended that all patients receive a one-time only pneumococcal vaccine. For other relevant immunization for adults, visit: <https://immunizebc.ca/adults>



Mental Wellness: Ongoing discussion with the patient about their mental and emotional well being.



Appendix B: Heart Failure Zones Reference Guide

Check Weight Daily

- ♥ Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
- ♥ Keep the total amount of fluids you drink to only 6 to 8 glasses each day. (6-8 glasses equals 1500-2000 mL or 48-64 oz)
- ♥ Take your medicine exactly how your doctor said.
- ♥ Check for swelling in your feet, ankles, legs, and stomach.
- ♥ Eat foods that are low in salt or salt-free.
- ♥ Balance activity and rest periods.



Which Heart Failure Zone Are You Today? Green, Yellow, or Red

Safe Zone

ALL CLEAR – This zone is your goal!

Your symptoms are under control. You have:

- No shortness of breath.
- No chest discomfort, pressure, or pain.
- No swelling or increase in swelling of your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.



Caution Zone

CAUTION – This zone is a warning

Call your Health Care Provider (e.g., doctor, nurse) if you have **any** of the following:

- ▲ You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.
- ▲ You have vomiting and/or diarrhea that lasts more than two days.
- ▲ You feel more short of breath than usual.
- ▲ You have increased swelling in your feet, ankles, legs, or stomach.
- ▲ You have a dry hacking cough.
- ▲ You feel more tired and don't have the energy to do daily activities.
- ▲ You feel lightheaded or dizzy, and this is new for you.
- ▲ You feel uneasy, like something does not feel right.
- ▲ You find it harder for you to breath when you are lying down.
- ▲ You find it easier to sleep by adding pillows or sitting up in a chair.



Health Care Provider _____ Office Phone Number _____

Danger Zone

EMERGENCY – This zone means act fast

Go to emergency room or call 9-1-1 if you have **any** of the following:

- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted.

