



Self-Check Plan

for HF Management



Excellent – Keep Up the Good Work!



Breathing okay
(not short of breath)



Physical activity level is normal



No noticeable swelling



Weight check normal
Weight: _____



No sign of chest pain

GREAT!
CONTINUE:



Daily Weight Check



Meds as Directed



Low Sodium Eating



Follow-up Visits



Pay Attention – Use Caution!



Dry, hacking cough



Shortness of breath with activity



Increased swelling of legs, feet, and ankles



Sudden weight gain of more than 2-3 lbs*
*in a 24 hour period (5 lbs in a week)



Discomfort or swelling in the abdomen



Trouble Sleeping

HEADS UP!

Your symptoms may indicate:



A change in medications



A call to your physician



Medical Alert – Warning!



Frequent dry, hacking cough



Shortness of breath at rest



Increased discomfort or swelling in the lower body



Sudden weight gain of more than 2-3 lbs*
*in a 24 hour period (5 lbs in a week)



Dizziness, confusion, sadness or depression



Loss of appetite



Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.



Call your physician or call 111 or 999