

Heart Failure Client Education Booklet

“Client” means patient/client/resident

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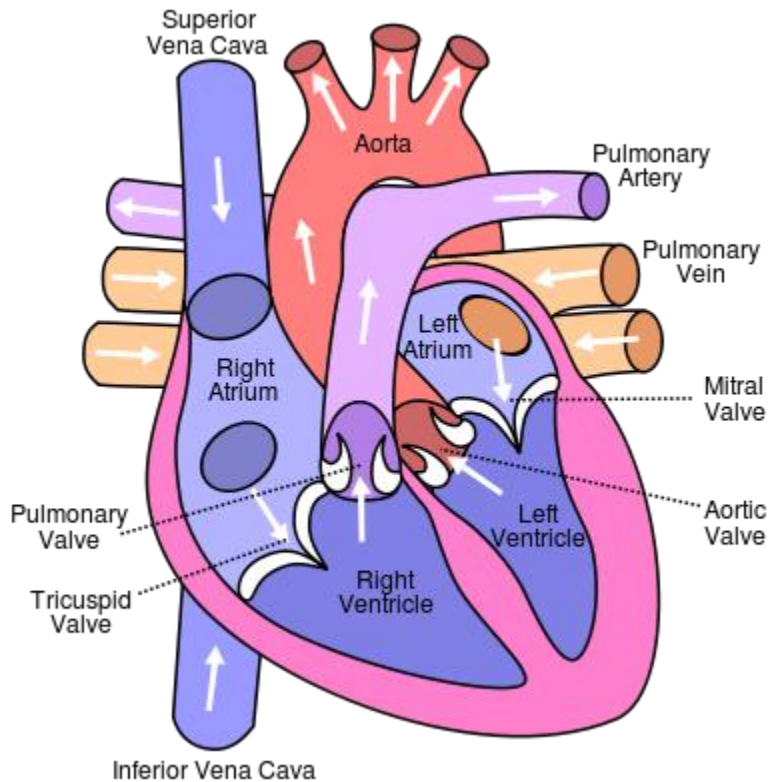
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What is Heart Failure?

How does a normal heart work?



The heart is a hollow muscle about the size of your fist. It pumps blood with oxygen and nutrients throughout your body. The heart has four chambers: two at the top, called atria, and two at the bottom, called ventricles. The heart is divided into right and left sides. The right side receives blood from the body and pumps it to the lungs to increase its oxygen content. This blood is then pumped out to the rest of the body by the left side of the heart.

When you have heart failure, your heart is unable to pump enough blood to satisfy your body's requirements. Blood that should be pumped out of the heart may back up into other organs or tissues, such as your lungs, stomach, liver, intestines or legs.

Why do I have heart failure?

There are many reasons why you may have heart failure. It can result from:

1. A heart attack
2. Heart muscles that are unable to pump effectively
3. Long-term high blood pressure
4. A valve in your heart may not be working properly
5. Drinking too much alcohol over a long period of time
6. A congenital birth defect

Heart failure can be controlled. In most cases, it cannot be cured.

What are the symptoms of heart failure?

- Tiredness
- Weakness
- Cold limbs
- Loss of appetite
- Swelling in your legs and ankles
- Breathlessness
- A dry, hacking cough
- Waking up from sleep with shortness of breath or feeling smothered when you lie down to try and sleep
- Rapid weight gain

“You may have many of these symptoms or only a few”

What treatment will I receive?

Your Health Care Provider will recommend a course of treatment specific to your individual needs. It may include taking several different medications, following a low-salt diet, limiting your intake of fluids, and ensuring you get plenty of rest, combined with periods of exercise.

Goals of Treatment:

1. Improve Heart Function
2. Reduce Symptoms
3. Prevent Hospital Readmissions
4. Improve Survival
5. Improve Quality of Life

You're Diet: Salt (Sodium) Intake

People with chronic heart failure need to maintain a diet low in salt.

Salt (also called "sodium") is a major cause of high blood pressure, which makes heart failure worse. Studies show that the more sodium you eat, the higher your blood pressure gets. Therefore, reducing the amount of sodium consumed in your diet is an essential aspect of living with heart failure. Sodium can make your body retain water, which may cause swelling and stress on your heart.

How much salt should I eat?

"The general guideline for those with heart failure is to have less than 2 g of salt per day"

(Canadian Heart Failure Network, 2013).

(2g = 2000mg)

In Hypertension

For prevention and treatment of hypertension:

- a dietary sodium intake of 1500 mg (65 mmol) per day is recommended for adults age 50 years or less;
- 1300 mg (57 mmol) per day if age 51 to 70 years; and
- 1200 mg (52 mmol) per day if age greater than 70 years.

(CMAJ, 2011, p.E1142)

**** Your Health Care Provider will speak to you about how much they recommend for you based on your personal history. This may vary from the recommendations above ****

Why do I need to eat less sodium?

When you have high blood pressure, heart failure, kidney or liver disease you need to eat less sodium. Sodium can make your body hold water. Extra water can build up in your ankles, lungs or abdomen. This can make your condition worse. Although water pills can help your body get rid of this extra water, they will not be able to keep up if you eat too much sodium.

Most people eat more sodium than they need. Some foods may be high in sodium and not even taste “salty”. This booklet will help you learn how to eat less sodium. If you have questions ask your Health Care Provider to refer you to a dietitian.

What foods are high in salt / sodium?

In general, canned, convenience or pre-packaged foods tend to be high in sodium. This chart below shows the more processed a food is, the higher the sodium content.

You may need to reduce the amount of processed or convenience foods you have in your diet.

Foods high in Sodium

Smoked, cured or dried meats	Hot dog, ham, bacon, sausage, kielbasa, cold cuts such as salami, bologna, corned beef, pastrami and liverwurst), beef jerky, sardines, smoked salmon, canned meat
Fast foods	Pizza, burritos, fish sandwich, milkshakes, tacos, fried chicken, salted French Fries
Snack foods	Chips, pretzels, salted popcorn, salted nuts, crackers
Seasonings/sauces	Gravies, sauces, ketchup, soy sauce, steak sauce, barbecue sauce, prepared mustard, salad dressing
Processed foods	Instant cereal, packaged noodles and potato mixes, olives, relish, pickles, instant rice mixes, biscuits, bouillon, instant cocoa mixes
Frozen foods	Meat pies, TV dinners, waffles, pancakes
Canned foods	Soups, vegetables, tomato products, vegetable juices, mains dishes such as ravioli, macaroni and cheese etc
Other	Garlic salt, celery salt, seasoning salt, onion salt, meat tenderizer, flavour enhancers, cheese, marinated cold salads, macaroni salad, garlic bread, barbecued meats, fried foods with a batter, Chinese food, sauerkraut, baking soda and antacids that have not been prescribed.

How do I eat less salt /sodium?

Get rid of the salt shaker

- Do not use salt at the table or in cooking.
- Do not use seasonings that have salt in the name such as, celery salt, onion salt, garlic salt or sea salt.
- To add flavour without salt, use herbs and spices. Fresh garlic, onion or other vegetables can also be used.
- Make home-made foods. To save time, cook in large amounts and put leftovers in the freezer for future meals.

Improving flavour without salt

Using herbs and spices in your cooking is the answer to improving the natural flavours' in food without adding salt.

Meat	
Beef	bay leaf, chives, parsley, dry mustard powder, thyme, oregano, pepper, garlic, onion, fresh mushrooms, sage, nutmeg
Chicken	green pepper, fresh mushrooms, parsley, chives, poultry, seasoning, lemon juice, paprika, sage, thyme, pepper
Pork	applesauce, garlic, onion, pepper, cloves, dill, parsley, sage
Veal	apricot, bay leaf, curry powder, ginger, marjoram, oregano
Lamb	Applesauce, garlic, onion, pepper, cloves, dill, parsley, sage
Fish	lemon juice, bay leaf, garlic, dill, parsley, pepper, fresh mushrooms, paprika, curry powder, marjoram
Soups	chives, onion, garlic, chili powder, oregano, thyme, bay leaf, parsley
Vegetables	
Corn	green pepper, fresh tomato
Cucumber	chives, dill, garlic, vinegar
Green Beans	dill, lemon juice, nutmeg
Tomatoes	basil, onion, oregano, onion, parsley
Peas	green pepper, mint, fresh mushrooms
Salads	dry mustard mixed with vinegar and sugar, lemon juice, chives, parsley, garlic, onion, pepper, oregano
Potatoes	green pepper, onion, pepper, chives, parsley, paprika, dill
Rice	chives, green pepper, onion, paprika, parsley

How do I know how much sodium is in food?

This section shows you how to:

- read labels to look for sodium in food products
- limit your intake of foods high in sodium

The bottom line is to read all labels

Reading labels can help you find out how much sodium is in food.

There are 2 places on a label to find information about sodium:

- Nutrition Facts table
- Ingredient List

All packaged foods must have an Ingredient List.

The Nutrition Facts tables on most products and a Nutrition Claim may or may not be listed.

Nutrition Facts table

This is the best place to see how much sodium is in the food product.

Nutrition Facts table is usually found on the side of a package. Many facts are listed including calories, fat, carbohydrate, protein and sodium.

You must look at the serving size. This will tell you how much sodium is in one serving.

In addition to the Nutrition Facts label, some products have nutrition messages on the packaging. Below are examples of nutrition messages you may come across and what they mean:

1. **"No added salt/unsalted"= No salt added, and none of the ingredients contain a significant amount of salt.**
2. **"Salt free/sodium free"= No more than 5 mg of sodium per 100 g of food**
3. **"Low salt/low in sodium= 50% less sodium than their regular product or no more than 40 mg of sodium per 100 g of food**

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Learn to read food labels to determine how much sodium products contain. Ingredients in prepared food are listed in order – if sodium is high on the list of ingredients, it means that there is a lot of sodium in the product.

Soup #1

Nutrition Facts	
Per 250 mL	
Amount	% Daily Value
Calories 100	
Fat 1 g	2%
Saturated 0.4 g	
+ Trans 0 g	2%
Cholesterol 15 mg	
Sodium 480 mg	18%
Carbohydrate 15 g	5%
Fibre 3 g	12%
Sugars 2 g	
Protein 6 g	

Soup #2

Nutrition Facts	
Per 250 mL	
Amount	% Daily Value
Calories 70	
Fat 1.5 g	2%
Saturated 0.2 g	
+ Trans 0 g	1%
Cholesterol 0 mg	
Sodium 670 mg	28%
Carbohydrate 12 g	4%
Fibre 0 g	0%
Sugars 0 g	
Protein 2 g	

Soup #3

Nutrition Facts	
Per 250 mL	
Amount	% Daily Value
Calories 110	
Fat 2 g	3%
Saturated 0.5 g	
+ Trans 0 g	3%
Cholesterol 15 mg	
Sodium 1000 mg	42%
Carbohydrate 16 g	5%
Fibre 1g	4%
Sugars 1 g	
Protein 6 g	

Soup #1 has the least amount of sodium (milligram or mg) for each 1 cup (250 ml) serving.

Example – package of frozen mixed vegetables

Nutrition Facts	
Per ½ cup (85 g)	
Amount	% Daily Value
Calories 60	
Fat 0 g	0%
Saturated 0 g	
+ Trans 0 g	0%
Cholesterol 0 mg	
Sodium 35 mg	1%
Carbohydrate 14 g	5%
Fibre 3 g	12%
Sugars 0 g	
Protein 3 g	
Vitamin A	40%
Vitamin C	6%
Calcium	2%
Iron	8%

Amount of food in one serving. The serving size is the amount most often eaten. This may or may not be the serving size you would have.

Amount of sodium in one serving.

% Daily Value for sodium

FOOD ITEM	SERVING SIZE	SODIUM
Breads and Cereals		
Bagel (plain)	1 (3 1/2" around)	379 mg
White bread	2 slices	306 mg
Whole wheat bread	2 slices	298 mg
Muffin (blueberry)	1 (2 1/2" around)	305 mg
Muffin (oat bran)	1 (2 1/2" around)	212 mg
Roll (dinner)	1	148 mg
Hamburger bun	1 medium	241 mg
English muffin (plain)	1	265 mg
Puffed rice	1 ounce (2 cups)	0 mg
Oatmeal (cooked, no salt added)	3/4 cup	1 mg
Pancake (made with milk & egg)	1 (4" around)	167 mg
Waffle (frozen)	1 (4" square)	245 mg
Fruit and Vegetables		
Any fresh fruit	1 piece	0-5 mg
Any canned fruit	1/2 cup	0-5 mg
Orange juice (canned)	1 cup	6 mg
Prune juice	6 ounces	6 mg
Carrots (fresh)	1	25 mg
Lettuce (iceberg)	1/4 head	12 mg
Mixed vegetables (frozen)	1/2 cup	32 mg
Beans (baked, canned)	1/2 cup	554 mg
Peas (fresh, boiled, plain)	1/2 cup	2 mg
Peas (frozen, boiled, plain)	1/2 cup	70 mg
Peas (canned, drained)	1/2 cup	186 mg
Potato (baked w/skin)	1	16 mg
Potatoes (mashed with whole milk and margarine)	1/2 cup	309 mg
Tomato juice (canned)	6 ounces	658 mg

Canadian Heart Failure Network: Professionals: Dietary Considerations

Talk to your Health Care Provider about how much *salt / sodium* to have each day.

Potassium

Heart Failure clients taking diuretics may need to increase the amount of potassium in their diet. Check with your Health Care Provider to determine if you need to increase your potassium intake.

Potassium is found in:

- Chicken
- Fish
- Dates
- Raisins
- Citrus juice/fruits
- Prune juice
- Dates
- Squash
- Mushrooms
- Potatoes
- Spinach
- Tomatoes
- Meat
- Bananas

Fluid Intake

It is very important that people with heart failure limit the amount of fluids (also called water or liquid) they consume on a daily basis. Fluid intake results in an increase in the amount of blood in a person's body, which requires that the heart must work harder to pump the extra blood.

This extra work puts strain on the heart of people with heart failure. It is important to be aware of the amount of fluid you drink – particularly if you are taking diuretic medications. Drinking the right amount of fluid is important, too much or too little can cause problems.

Fluid can build up in different parts of the body; most often it builds up in the following parts:

- In the lungs causing shortness of breath
- In the ankles causing swelling
- In the belly causing a bloated feeling

“Ask your Health Care Provider to discuss with you the right amount and kinds of fluids you should be drinking”

Most people with heart failure should drink no more than **6 to 8 cups (1500-2000mls)** of fluid per day. Remember, even the water you drink with your medication must be counted.

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If your mouth is dry from drinking less fluid, here are some tips to help you feel more

comfortable:

- Brush your teeth frequently
- Chew sugar-free gum
- Suck on a hard candy or lemon wedge
- Spread what you drink out across the whole day. Don't drink it all at once.

Anything that is a liquid at room temperature is considered a fluid and needs to be counted.

The following items should be considered liquids when you are calculating your daily fluid

intake:

Water/Ice cubes	Juice/Soft drinks	Alcoholic drinks, (Wine or Beer)
Milk	Fresh/Frozen fruit	Broths/Soup/ Bouillon
Coffee/Tea	Jell-O/Pudding	Popsicles, Ice cream/Sherbet/Frozen yogurt

Initially you may wish to measure your fluid intake over 24 hours. Record the amount of fluid each time you eat or drink and then total it for the day.

Amount of fluid suggested daily: _____ ounces/ _____ mLs.

Food

Paying attention to what you eat is important, follow *Canada's Guidelines for Healthy Eating* to ensure you get the right amount of vitamins and nutrients to maintain your health.

Body Weight

Weight gain is usually fluid gain.

Water means weight ...

Your Health Care Provider will give you a specific target weight. Once you've reached that weight your goal will be to maintain it.

Why do I need to weigh myself daily?

Fluid build-up in your body shows on your scale as a weight gain. Weigh yourself every morning:

- empty your bladder before weighing yourself
- weigh yourself in the same amount of clothing
- weigh yourself before breakfast
- use the same scale
- record your weight daily

A sudden weight gain when you have been eating a normal amount may be an early sign of fluid buildup. If your weight increases more than 2 – 3 pounds in 2 days or 5 pounds in a single week, your diuretic medication dose may need to be increased. You should call your Health Care Provider.

Please record your weight on the Daily Weight Record

Rest, Exercise and Activity

Physical Activity

People with heart failure often worry that they can't exercise because of their "bad heart". In most cases, this is not true. In fact, physical activity is good for your heart and your general health. A regular program of physical activity will enable you to increase your strength gradually and avoid overtaxing your heart.

Exercise can:

- Help increase muscle tone and strength
- Improve your ability to function on a daily basis
- Reduce your Heart Failure symptoms (such as shortness of breath and fatigue)
- Exercise does not have to be strenuous to be valuable (in fact, strenuous activities should be avoided).

Before you start any exercise program, be sure to discuss it with your Health Care Provider and set realistic goals

- Plan your exercise period when you feel the most energetic, i.e. first thing in the morning, or after an afternoon nap.
- Perform activities, such as stretching, while sitting down whenever possible.
- Rest frequently between periods of exercise.

Engaging in low to moderate intensity activities most days of the week for 30 to 45 minutes are recommended for those with stable heart failure.

- Being physically active may help improve heart failure symptoms, quality of life and keep you out of the hospital.

Getting Started

Setting personal goals and habits can be a great way to get into a healthy rhythm of exercising.

The following are examples of goals that you can set:

- Make exercise part of your daily routine, just like brushing your teeth and showering
- Choose a friend to exercise with
- Choose a type of exercise you enjoy
- Keep a journal of your activities. This not only reinforces your exercise habits, it will also show your Health Care Provider the progress you are making.

Stretching

After being physically active it is important to give your muscles a good stretch. Stretching helps to increase your flexibility which helps to improve posture and reduce injuries.

It is important to stretch after activity when the muscles are warmed up. In order to benefit from stretching, it's important that they are done properly.

The following are a few examples of exercises that you can perform:

Side-to-side looks: Look straight ahead, slowly turn your head to one side, hold for 10 seconds, then return to centre. Repeat 3 times on each side.

Shoulder shrugs: Sitting in a chair, slowly lift your shoulders up to your ears by squeezing your shoulder blades together, pause, then lower. Repeat 5 to 10 times.

Shoulder circles: Extend both arms sideways at shoulder height. Rotate arms 10 times in small forward circles. Repeat circling back.

Precautions to Take

Stop exercising immediately if you:

- Become short of breath
- Feel weak, tired, or dizzy
- Feel any physical discomfort at all
- Feel your heart rate speeding up
- Have palpitations
- Are in pain

The following is a list of exercises that heart failure clients should make sure to avoid:

- Heavy lifting
- Pushing heavy objects
- Shoveling snow
- Climbing stairs
- Sit-ups or push-ups
- Competitive sports
- Heavy housework – washing windows, scrubbing floors
- Racquetball, squash, tennis

Sexual activity

Heart failure does not mean you can't enjoy sex and being close to your partner. In general, you may continue your normal sexual activities; however, it is recommended that your heart failure be stabilized prior to engaging in sexual activity. Some drugs used to treat heart failure could cause difficulty in achieving an erection. There are drugs available that help men achieve an erection, but sometimes these drugs interfere with heart medications. Please talk to your Health Care Provider if you are worried about this.

Sex is a kind of exercise, so it should be avoided for the same reasons outlined earlier. Other times when sex should be avoided:

- If you are tired or tense
- After a heavy meal
- After completing an activity that has already required you to use up a great deal of energy

Walking Program

Walking is a simple and effective exercise and is an ideal way to improve your activity level and get more physically fit,

Make sure you discuss your plans with your Health Care Provider before you begin

Medication

The medication your Health Care Provider has prescribed is designed to control your symptoms and improve the efficiency of your heart. Here are some tips to help ensure you stick to your schedule:

1. **Always take your medication, even if you feel well.**
2. Take your medications at the same times every day – make it part of your daily routine. Never take more than has been prescribed and do not stop taking them unless told to do so by your Health Care Provider. Medications will only work if you use them correctly.
3. Try not to miss doses. Taking doses of certain heart failure medications too close together can often do more harm than good. **“DO NOT TAKE A DOUBLE DOSE”**
4. Have all your prescriptions filled at the same pharmacy – that way, your pharmacist will get to know you and your medical history, and can counsel you appropriately.
5. Write down the name, dosage, actions, special instructions, and common side effects of all the medicines you are taking. Keep your medications handy.
6. Carry a wallet card that lists all your medications, dose and time taken. Your pharmacist or nurse can help you make this list.

Bring the pills or a list of your medications to all your appointments with your Health Care Provider

7. Keep your medicines in their original container. Do not remove labels.
8. Medicines can become outdated and possibly ineffective. If they are more than several months old, ask your pharmacist if they are still effective and safe.
9. Do not give your medicines to anyone, even if that person seems to have the same symptoms as you do.
10. It may take time for your body to adjust to a new medicine, and it may take time for the medications to begin to work effectively. Sometimes you may have mild side effects during this period. Discuss them with your Health Care Provider. Sometimes another medicine can be prescribed. However, always report anything unusual when taking a new medication.
11. Cost can be an important factor with medicines, since most prescribed drugs can be

expensive. **However, you cannot afford not to take them.** Discuss this with your Health Care Provider. Perhaps less expensive medicines can be substituted. Ask your Health Care Provider about available financial support programs, if you have such a need.

12. Many times there are helpful warnings and instructions on prescription bottles. For example, these may remind you take the medication with food or after a meal. Generally, you should follow these instructions. However, clients sometimes run into problems with the warnings on bottles of potassium supplements, which advise taking these “with plenty of water”. If in doubt or unsure that you may have conflicting instructions, check with your Health Care Provider.
13. When you take these medications, your Health Care Provider may request blood tests to check the functioning of your kidneys and the levels of sodium and potassium in your blood.
14. Make sure that you have enough medication to last until your next prescription refill.
15. When traveling, keep your medication with you in a carry-on bag. Never pack your medication in checked luggage. Be sure your medication is properly labeled and in its original container. Carry extra medications with you in case you experience travel delays.

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Certain factors may cause symptoms of heart failure to re-occur. Some of these factors are:

- A cold or flu;
- Medications that cause salt and water to be retained
- Excess alcohol is toxic to your heart
- Fast heart rhythm
- Stress

CAUTION . . . Avoid using medications you can buy over-the-counter at the drug store, such as antacids, laxatives, cough medications, and nonsteroidal anti-inflammatory drugs (NSAIDs) (such as Celebrex, Mobicox and Ibuprofen {ie Motrin and Advil}). These medications may cause sodium retention, which may:

- Make your symptoms worse
- Make your prescription medication less effective

Your **pharmacist** can help you choose an over-the-counter medication that will not make your symptoms worse.

The following table is a list of commonly used heart failure medications. Your Physician/Nurse Practitioner will decide which ones are right for you.

Medication	Action	Side effects	Recommendations
<p>Aldosterone Antagonist</p> <p>Also called:</p> <ul style="list-style-type: none"> • Spironolactone • Eplerenone 	<p>Reduces aldosterone blood levels.</p> <ul style="list-style-type: none"> • Protects the heart. 	<p>Increase blood potassium.</p> <ul style="list-style-type: none"> • Reduces blood pressure. • Causes breast tenderness. 	<p>Take this medication at the same time each day.</p> <ul style="list-style-type: none"> • Avoid potassium supplements. • Have regular blood work done.
<p>Angiotensin converting enzyme (ACE) inhibitors</p> <p>Also called:</p> <ul style="list-style-type: none"> • Captopril (Capoten) • Enalapril (Vasotec) • Cilazapril (Inhibace) • Lisinopril (Prinivil or Zestril) • Quinapril (Accupril) • Ramipril (Altace)* • Fosinopril (Monopril)* • Trandolapril (Mavik)* • Perindopril (Coversyl)* • Benazepril (Lotensin)* • Moexipril (Univasc)* 	<ul style="list-style-type: none"> • Widens (dilate) blood vessels. • Reduces the work of your heart. • Controls blood pressure. 	<ul style="list-style-type: none"> • Weakness. • Dizziness. • Dry cough. • Itchy skin or rash. • Diarrhea. • Rarely, swelling of your face, tongue, hands or feet (<i>call your Health Care Provider immediately if this happens</i>) 	<p>Take this medication at the same time each day.</p> <ul style="list-style-type: none"> • To reduce the risk of dizziness, get up slowly from a sitting or lying position and avoid stressful exercise. • Avoid drinking alcohol, as it may lead to dizziness.
<p>Angiotensin II receptor antagonists*</p> <p>Also called:</p> <ul style="list-style-type: none"> • Candesartan (Atacand) • Eprosartan (Teveten) 	<ul style="list-style-type: none"> • Widens (dilate) blood vessels. • Reduces the work of your heart. • Controls blood 	<ul style="list-style-type: none"> • Weakness. • Dizziness. • Itchy skin or rash. • Rarely, swelling of your face, 	<ul style="list-style-type: none"> • Take this medication at the same time each day. • To reduce the risk of dizziness, get up slowly from a sitting or lying position

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<ul style="list-style-type: none"> • Irbesartan (Avapro) • Losartan (Cozaar) • Telmisartan (Micardis) • Valsartan (Diovan) 	<p>pressure.</p>	<p>tongue, hands or feet (<i>call your Health Care Provider immediately if this happens</i>).</p>	<p>and avoid stressful exercise.</p> <ul style="list-style-type: none"> • Avoid drinking alcohol, as it may lead to dizziness
Medication	Action	Side effects	Recommendations
<p>Beta-blockers</p> <p>Also called:</p> <ul style="list-style-type: none"> • Carvedilol (Coreg) • Metoprolol (Betaloc, Lopresor, Toprol XL*) • Atenolol (Tenormin) • Bucindolol (Bextra)* • Bisoprolol (Monocor)* 	<ul style="list-style-type: none"> • Slows heart rate. • Improves heart function. • Reduces the work your heart does. 	<ul style="list-style-type: none"> • Weakness, tiredness. • Dizziness, lightheadedness. • Temporary worsening of shortness of breath or fluid retention. • Slow heart rate. 	<ul style="list-style-type: none"> • Take this medication at the same time every day. • Take this medication at least 2 hours before you have taken your ACE inhibitor. • Doses are often started very low, and are gradually increased over a period of 1-3 months, so remember that your dosage will change. • In the morning, take this medication with food. • In the evening, take this medication right after dinner, not before you go to bed.
<p>Diuretics</p> <p>Also called:</p> <ul style="list-style-type: none"> • Furosemide (Lasix, Apo-Furosemide, Furoside, Novosemide) • Metolazone (Zaroxolyn) 	<ul style="list-style-type: none"> • Eliminates water and salt (sodium) from your body. • Prevents or reduces shortness of breath, swelling and bloating. 	<ul style="list-style-type: none"> • Frequent urination. • Weakness. • Dizziness. • Muscle cramps/spasms. 	<ul style="list-style-type: none"> • Take this medication with meals to avoid stomach upset. • Take your last dose before 5:00 p.m., to prevent having to get up in the night to

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<ul style="list-style-type: none"> • Hydrochlorothiazide (HydroDIURIL, Moduret) • Spironolactone (Aldactone) • Bumetanide (Bumex)* • Chlorothiazide (Diuril)* • Torsemide (Demadex)* • Triamterene (Dyrenium)* • Dyazide* 		<ul style="list-style-type: none"> • Nausea. • Depression. • Loss of potassium, which may cause: dry mouth, increased thirst, irregular heartbeat, muscle cramps, weakness, fatigue. 	<p>urate.</p> <ul style="list-style-type: none"> • Metolazone is usually given with furosemide for maximum effect.
Medication	Action	Side effects	Recommendations
<p>Digitalis/digoxin</p> <p>Also called:</p> <ul style="list-style-type: none"> • Lanoxin • NovoDigoxin 	<ul style="list-style-type: none"> • Increases the strength and efficiency of your heart's pumping action. • May regulate your heartbeat. 	<ul style="list-style-type: none"> • Nausea. • Vomiting. • Diarrhea. • Major loss of appetite. • Weakness. • Blurred vision. • Yellow, green or white halo around objects. 	<ul style="list-style-type: none"> • Take this medication on an empty stomach. • Never change brands or take extra pills.
<p>Nitrates/nitroglycerin & vasodilators*</p> <p>Also called:</p> <ul style="list-style-type: none"> • (Nitrong, Nitrogard-SR) • Hydralazine (Apresoline) • Isosorbide dinitrate (Isordil) 	<ul style="list-style-type: none"> • Expands your blood vessels, making your heart pump more easily. 	<ul style="list-style-type: none"> • Fluid retention. 	<ul style="list-style-type: none"> • Take this medication with liquid at mealtimes
<p>Anticoagulants & antiplatelets*</p> <p>Also called:</p> <ul style="list-style-type: none"> • Warfarin sodium (Coumadin) • Aspirin (acetylsalicylic acid) • ASA • Ticlopidine (Ticlid)* • Clopidogrel (Plavix)* • Heparin 	<ul style="list-style-type: none"> • Thins your blood to prevent clots from forming. 	<ul style="list-style-type: none"> • Hemorrhaging (bleeding), which may result in feelings such as headache, chest, abdomen or joint pain, dizziness, shortness of breath, difficulty breathing or 	<ul style="list-style-type: none"> • Take your dose as soon as possible on the same day if you've forgotten, but don't take a double dose the next day to make up for missed doses.

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Medication	Action	Side effects	Recommendations
<p>Inotropic agents Also called:*</p> <ul style="list-style-type: none"> • Amrinone (Inocor) • Milrinone (Primacor) • Dobutamine (Dobutrex) • Dopamine (Intropin) • Isoproterenol (Isuprel) 	<ul style="list-style-type: none"> • Helps your heart pump more effectively. 	<ul style="list-style-type: none"> • Nausea, vomiting. 	<ul style="list-style-type: none"> • Inotropic agents are administered intravenously while you are in hospital.
<p>Calcium channel blockers*† Also called:</p> <ul style="list-style-type: none"> • Amlodipine (Norvasc) 	<ul style="list-style-type: none"> • Used to treat the high blood pressure often associated with heart failure. 	<ul style="list-style-type: none"> • headaches, facial flushing and dizziness, ankle swelling. 	<ul style="list-style-type: none"> • These medications are not used often to treat heart failure. • Side effects generally disappear with continued treatment.
<p>Potassium*†</p>	<ul style="list-style-type: none"> • Since most diuretics remove potassium from the body, heart failure clients who use them are at risk of losing too much potassium. Some clients need to take potassium supplements or pills to compensate for the amount they're losing. 	<ul style="list-style-type: none"> • ACE inhibitors can actually cause the body to retain potassium, so this needs to be taken into account as well. Clients should check with their Health Care Providers to determine their potassium needs. 	<ul style="list-style-type: none"> • Instead of potassium, sometimes all that is needed to do is eat foods high in potassium, such as bananas. • The Health Care Provider will do blood tests to check on potassium level and kidney function.

*Draft changes pending adoption by CHFNI

†Adopted from Medications Commonly Used to Treat Heart Failure, American Heart Association

Immunization

The flu and pneumonia may seriously aggravate heart failure. Getting immunized against both can further protect you from becoming sick. For more information about immunization programs, speak to your Health Care Provider.

Quitting Smoking

People with heart failure should not smoke as it causes further damage to the heart. Smoking is a major killer of people with heart disease. Quitting smoking is the most effective way that you can improve your health. Quitting smoking will also save you money and improve your sense of taste and smell, as well as increase the amount of exercise you can do.

Decrease Alcohol Consumption

Alcohol consumption can have many negative effects on the health of your heart. Therefore, decreasing or eliminating this can serve to be very beneficial for heart failure clients. It is also important to eliminate addictive or harmful drugs as these can also negatively impact your heart's health.

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