

Toolkit



Monitoring My Health

Keeping track of your health status is important to maintain a healthy heart and can help guide changes to your lifestyle or care plan.

Name

Date _____

Doctor

Contact

BLOOD PRESSURE



If your blood pressure is high, your heart has to work harder to circulate blood throughout your body. This extra effort can make your heart muscle too stiff or too weak to effectively pump blood.

My normal blood pressure is between

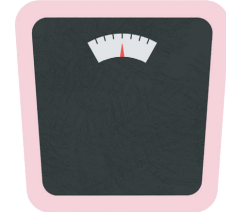
HEART RATE



An abnormal or fast heart rate can mean your heart is trying to “make up for” a loss in pumping capacity, creating extra work for your heart. This could be a sign of new or worsening heart failure.

My normal heart rate is between

WEIGHT



Your weight is one way to tell if your heart failure is getting worse or if you need changes in your medication to control extra fluid in your body.

My normal weight is between

If your blood pressure is consistently higher than _____ mmHG* or lower than _____ mmHG*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

If your heart rate is consistently higher than ____ beats/min* or lower than ____ beats/min*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

If your weight increases more than lbs*
in a day or lbs* in a week then contact
your doctor.

My Medications

Keep track of all the medications you are taking (prescription and over the counter), as well as vitamins and other herbal remedies. Make sure to show your doctor at your next appointment.

NAME OF
MEDICATION,
VITAMINS, HERBAL
REMEDIES, ETC.

DOSE
(Example: two 40mg pills day & night)

HOW DOES IT HELP ME?

WHAT SHOULD I CONSIDER?
(such as possible side effects)

Symptom Checker

If you experience new or worsening heart failure, you may experience some of these symptoms. Contact your healthcare provider if any of the following occurs:



☐ Increased **SHORTNESS OF BREATH**, especially when lying flat



☐ **BLOATING** or loss of or **CHANGE IN APPETITE**



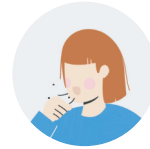
☐ **INCREASED URINATION** at night



☐ **CONFUSION**, impaired thinking, or feeling lightheaded



☐ **FATIGUE**, loss of energy or extreme tiredness



☐ **COUGH OR COLD SYMPTOMS** that last for longer than a week - chronic coughing or wheezing



☐ **INCREASED SWELLING OF THE ANKLES, feet, legs, sacrum (base of the spine) or abdomen (stomach area)**



☐ **SUDDEN GAIN** of more than 1.5kg (3 pounds) over 1 to 2 days, or 2.5kg (5 pounds) in a single week

Vaccinations for Heart Patients



If you live with heart disease, your immune system may be weaker, and infections can lead to serious complications. Vaccines help protect you from these preventable illnesses, reduce the risk of severe outcomes, and keep your heart healthier. Talk to your doctor about what immunizations are right for you.

Tests you may have to diagnose and monitor heart failure include:

- ▶ **BLOOD TESTS** — to check whether there's anything in your blood that might indicate heart failure and to monitor your response to treatment, including side effects of medications
- ▶ **AN ELECTROCARDIOGRAM (ECG)** — this records the electrical activity of your heart to check for problems
- ▶ **AN ECHOCARDIOGRAM** — a type of ultrasound scan where sound waves are used to examine your heart and determine its pumping capacity
- ▶ **BREATHING TESTS** — you may be asked to blow into a tube to check whether a lung problem is contributing to your breathlessness; common tests included spirometry and a peak flow test
- ▶ **A CHEST X-RAY** — to check whether your heart's bigger than it should be, whether there's fluid in your lungs (a sign of heart failure), or whether a lung condition could be causing your symptoms
- ▶ **NUCLEAR SCAN** — to help measure your heart's pumping capacity and to determine whether blocked arteries are the cause of your symptoms.

Visit [Heartlife.ca](https://www.heartlife.ca) to learn more and get the support you need to self-manage your heart disease.