

Patient Name: _____

Greenhouse Internists, PC

Date of Birth: ____/____/____

Congestive Heart Failure: Self Care Plan

You have been diagnosed with Congestive Heart Failure (CHF). This means your heart muscle is weak, and your heart has difficulty pumping blood forward through your body. The blood can back up, causing increased fluid in your lungs and your body tissues.

You can help control your CHF by doing the following things:

- Take your medications every day, as prescribed.
- Do not smoke, and stay away from secondhand smoke.
- Limit your salt (sodium) intake. Too much salt in your diet causes fluid retention:
 - Limit your use of the salt shaker.
 - Read your food labels to see how much salt is in the food you eat. Most processed foods have large amounts of salt.
 - Make your own food from fresh ingredients (such as vegetables, chicken, and fish) whenever possible.
 - Aim to keep your sodium level under 2400 mg per day.
- Weigh yourself every day. Write down your weights. If your weight goes up by more than 2 pounds in one day, or 4 pounds in one week, please contact your doctor. This could be a sign that your body is retaining too much fluid.
- Contact us if you have any symptoms of worsening CHF, such as increasing shortness of breath, swelling in your legs, or trouble lying flat in your bed.
- Get a flu shot every year in the fall.
- Check blood tests for potassium and kidney levels at least once yearly (as these can be affected by some of the medicines that we use to treat CHF.)

What are you ready to work on to improve your management of CHF? List your goals here.
(Remember, be specific and realistic whenever you set goals).

I will:

I am confident I can do this

Yes No Maybe

1.

2.

3.

To learn more about keeping your heart healthy, visit www.americanheart.org