

## Heart Failure: Partnering in Your Treatment Bring this sheet with you to your appointment and discuss the following with your doctor.

3	Understand Your HF	Identify Your HF Needs	Are there any activities that are off limits for me at this time? (List specific concerns you
	How serious is my heart failure?  Mild Moderate Severe	Am I a candidate for HF cardiac rehab?  Yes No	may have, such as exercise, sex, housework.)
	In what ways does having heart failure increase my health risks?	Are there any additional tests we need to do to learn more about my heart function?  If so, which ones?	
			What treatment options should I be thinking about for managing my HF?
	How likely is it that having HF will worsen the effects of other conditions I may have?	Explore HF Treatment  What are the most important things I can do to manage my HF?	What are my treatment goals at this time?
	Would any of the following lifestyle changes help me to better manage the progress of HF?  Managing weight  Quitting smoking	What should I expect in the coming weeks,	
	Making other important changes?	months or years?	



## Symptoms of HF

Should I be tracking and reporting my symptoms to you?

Yes (instructions below)	No
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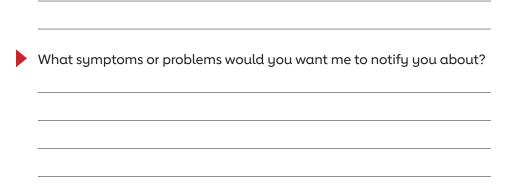
## **Questions About Medication**

Will I be taking a medication(s) for HF?

Yes No

What should the medication(s) do?

What will happen if I don't take the prescribed medication(s)?





## Learn to recognize and manage symptoms of HF.



of breath



Chronic coughing or wheezing



Build-up of fluid (edema)



Fatigue or feeling lightheaded



Nausea or lack of appetite



Confusion or impaired thinking



High heart rate