Heart Failure: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.

**Understand Your HF**

- How serious is my heart failure?
  - Mild
  - Moderate
  - Severe

- In what ways does having heart failure increase my health risks?

- How likely is it that having HF will worsen the effects of other conditions I may have?

**Identify Your HF Needs**

- Am I a candidate for HF cardiac rehab?
  - Yes
  - No

- Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?

**Explore HF Treatment**

- What are the most important things I can do to manage my HF?

- What should I expect in the coming weeks, months or years?

- Are there any activities that are off limits for me at this time? (List specific concerns you may have, like exercise, sex, housework.)

- What treatment options should I be thinking about for managing my HF?

**What are my treatment goals at this time?**
Learn to recognize and manage symptoms of HF.

- Shortness 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

Questions About Medication

- Will I be taking a medication for HF?
  - Yes  No

- What do we hope the medication(s) accomplish?

- What will be the likely result if I don’t take it?

Should I be tracking and reporting my symptoms to you?
- Yes (instructions below)  No