



BWGHF

Monitor your heart failure daily



No shortness of breath



Normal level of activity



No swelling of feet or legs, normal status



Stable weight



No chest pain

Continue this

- ⊕ Check your weight daily.
- ⊕ Follow your doctor's orders.
- ⊕ Limit salt intake.
- ⊕ See your doctor as scheduled.



Increased shortness of breath on exertion and/or rest



Cough



Swelling of the legs, feet, ankles and/or abdomen



Rapid weight gain = 2kg / 3 days



Sleep disorders

Attention

- ⊖ Contact your heart failure nurse.
- ⊖ An early doctor visit or adjustment of your medication may be necessary.



Shortness of breath at rest



Recurrent cough



Marked swelling of your lower body



Rapid weight gain > 2 kg / 3 days



Severe sleep disturbances (inability to sleep without pillows)



Loss of appetite, confusion, depression, dizziness

Alarm

You need to be seen medical today

Contact your heart failure nurse or GP.

T: _____

Are you feeling very bad, chest pain, no breathing, fainting: **CALL 112 !**