



Community Heart Failure Team

Name:

Diagnosis:

Contacts for the Heart Failure Team:

01249 456605

whc.heartfailure@nhs.net

Red Flags in Heart Failure

- ♥ Weight gain
- ♥ Increased leg swelling
- ♥ Increased breathlessness when being active
- ♥ Breathlessness at rest
- ♥ Increased breathlessness when lying in bed
- ♥ Waking up breathless from sleeping

Sick Day Rules

If you experience any of the following symptoms:

- ♥ Vomiting
- ♥ Diarrhoea
- ♥ Fevers
- ♥ Sweats

You should get advice from your GP/Pharmacist/Heart Failure Nurse regarding your medication

Heart Failure Symptoms ^[1]

Keep Watch	Your Weight has not increased by more than 2Kg (4lb) over the last 3 days <ul style="list-style-type: none">♥ Your breathlessness is the same♥ Your ankles are no more swollen than normal♥ You are as active and mobile as you usually are You are stable and do not need a review
Stay Alert	Your weight has increased by 2kg(4lbs) <ul style="list-style-type: none">♥ You are feeling more breathless♥ Your ankles are more swollen than normal♥ You are more breathless at night; you may need more pillows than normal♥ You are not as active as usual You should contact your GP/ Heart Failure team to discuss these changes; you may need a sooner appointment
Take Action	Your symptoms continue to worsen <ul style="list-style-type: none">♥ You feel very unwell♥ You have worsening breathlessness and are much more breathless at night Urgently contact your GP/ Heart failure team

[1] Pumping Marvellous.

<https://www.pumpingmarvellous.org/heart-failure-guide/monitoring-your-heart-failure-symptoms/>

Useful information

Team Website:

<https://wiltshirehealthandcare.nhs.uk/services/wiltshire-community-heart-failure-and-cardiac-diagnostic-service/>

Pumping Marvellous Website:

<https://www.pumpingmarvellous.org/>

Cardiomyopathy UK

<https://www.cardiomyopathy.org/>

British Heart Foundation

<https://www.bhf.org.uk/>

Arrhythmia Alliance

<https://heartrhythmalliance.org/aa/>

Heart Failure Matters

<https://www.heartfailurematters.org/>