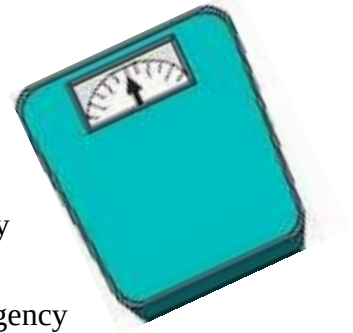


M2430 Management of CHF at Home

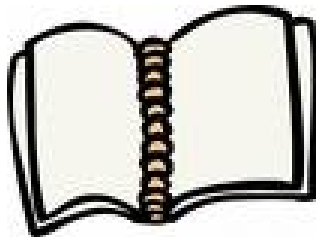
What You Need

- A scale to record daily weight and a plan to treat any sudden weight gain (an indication of possible problems).
- A supply of routine medications and a written-down diet plan. Also, a “stand-by” set of medications to immediately treat pain, shortness of breath and weight gain.
- A plan for whether or not to go to the hospital in an emergency and whether or not to try CPR.



Keep a Daily Log

By keeping track of symptoms you will provide the doctor and home health nurse with accurate and up-to-date reports, either over the phone or during visits. A spiral-bound notebook or composition book will do just fine. Get in the habit of recording the following information each day:



- Breathing status—easy, difficult, coughing
- Medications taken—names, doses, and times, as well as any side effects
- Diet and activities performed
- Any other symptoms experienced such as swelling

Know When to Call the Doctor

The following symptoms require a call to your doctor or home health nurse.

- A gain of 3 pounds or more within a few days or a week
- Increased swelling in hands, ankles or feet
- Difficulty breathing at any time or coughing at night
- Decreased urination
- Confusion, dizziness, or faintness
- Nausea or vomiting
- Increased fatigue
- Muscle cramps or weakness
- Any distressing symptom

