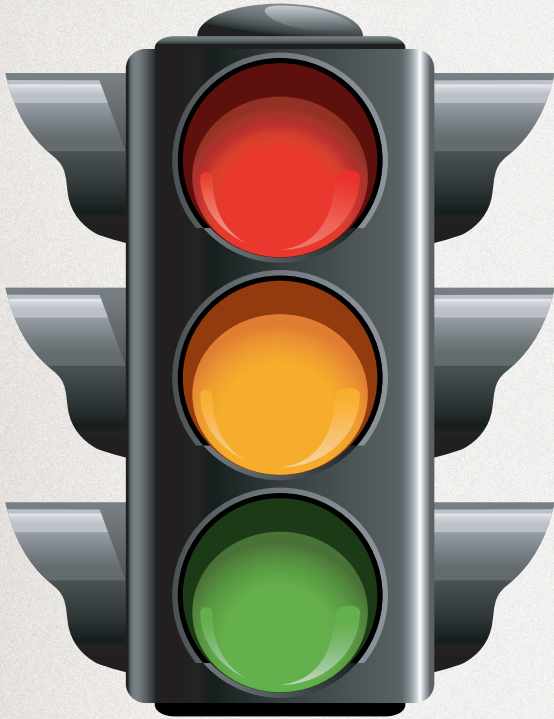


# PATIENT ACTION PLAN FOR HEART FAILURE SIGNS & SYMPTOMS

## Heart Failure – Your Plan for ACTION

Use this guide to help you report changes in your symptoms to your doctor or nurse. When you report symptoms early, you are less likely to have to go to the hospital for treatment.



### Call your doctor RIGHT AWAY when:

- You have trouble breathing
- You feel very anxious
- You feel dizzy
- Call 911 for severe shortness of breath or if you have chest pain that does not go away

### Call your doctor in the next 24 hours when:

- Your weight goes up 2 pounds in 1 day or 5 pounds in one week
- You have new swelling in your feet, ankles, hands or abdomen
- You have a dry, harsh cough that does not go away
- You use 2 or more pillows or a recliner to breathe better at night if this is different from how you usually sleep
- You feel more tired or have less energy than usual
- You have side effects from your medicines

### You are doing well when:

- Your weight is stable
- You have no trouble breathing
- You can do your normal activities
- You have no changes in your symptoms
- You take medications as prescribed
- You eat low sodium food
- You control fluid intake

DOCTOR NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_