

Heart Failure Service

Self Management

Understanding your condition and being in control of your symptoms will enable you to feel more in charge. We will give advice on how to recognise worsening symptoms, how to manage these and who to contact. You will have been given information on Heart Failure from Pumping Marvellous or the British Heart Foundation. These booklets will help you understand your condition.

Please **weigh yourself each morning** to help detect early changes in fluid retention.

Remember to take all your **medication as prescribed**.

Worsening Symptoms Advice

Telephone us if you notice the following changes, as your medication may need adjusting:

- Weight: Increase or decrease by 4 pounds (about 2kg) over 3 days or more.
- Increased swelling in legs or abdomen.
- Increase in shortness of breath.
- Thirst increase.
- Dizziness / Light-headedness.

Due to the nature of your medication, refer to your GP if you have any of the following:

Vomiting or diarrhoea (unless only minor).

Dehydration e.g. from fevers and sweats.

Heart Failure Concerns - Who to Contact

You can contact us during office hours, Monday to Friday 8.30am - 5pm.

- **Community Heart Failure Nurses: 01392 356159.**

Alternatively, you can contact the Administration team by email:

Rduh.communitycardiacservice@nhs.net

For any urgent symptoms contact your GP or 111.

For any life-threatening symptoms contact 999.

Lifestyle Changes: We can advise on the following: Healthy eating, medication information, exercise, rest and sleep, worry and anxiety and stopping smoking.

Heart Failure Clinic Appointments: Always bring all medication to your appointments. We will review your symptoms and discuss your Heart Failure medication with you. We will adjust your medication, if necessary, to achieve the target doses to improve your long-term outlook.

Cardiac Rehabilitation For Patients With Heart Failure

When Heart Failure symptoms are stable, you are eligible to attend Cardiac Rehabilitation. This is a programme of exercise and education, to enable you to live with your condition. The programme is evidence based and has shown benefit in Heart Failure management.

We offer a combination of the following:

Heart2Heart - An education and psychological support programme. This service is provided in conjunction with Hospiscare in Exeter and runs for 5 sessions, each session lasts for 2 hours. You are welcome to bring another person with you.

Exercise Classes (Face to face) These take place at the Exeter Arena, Summer Lane, Exeter. A programme of 10 sessions of exercise is provided by Cardiac Rehabilitation Nurse Specialists and a Fitness Coach. Alongside the exercise programme there will be some 'bitesize' education sessions.

Reach HF - This is a home-based exercise and education programme facilitated by the Cardiac Rehabilitation Nurse Specialists over 12 weeks.

Your Heart Failure nurse will discuss which programme is suitable and of interest to you. Once referred to the Cardiac Rehabilitation team, you will have another opportunity to discuss the choice of programme.

Useful Links

British Heart Foundation (BHF).
Telephone: **020 7935 0185**
Website: **www.bhf.org.uk**

Heart Information Line: **08450 70 80 70**

Cardiomyopathy Association – Devon Support Group.
Telephone: **0800 018 1024**
Website: **www.cardiomyopathy.org**

Pumping Marvellous.
Telephone: **0800 978 8133**
Website: **www.pumpingmarvellous.org**

PALS

The Patient Advice and Liaison Service ensures that the NHS listens to patients, relatives, carers and friends, answering questions aiming to resolve concerns as quickly as possible. If you have a query or concern call **01392 402093** or email **Rduh.pals-eastern@nhs.net**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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