Important Information

Please contact the HiTH clinic if you have not been contacted for an appointment time on 9113 2899.

What to look for

Your condition may be getting worse if you:

- Have increasing shortness of breath
- Unexplained weight gain
- Increasing dizziness
- Increasing swelling to lower limbs

If you feel your condition is getting worse, contact the HiTH clinic on **9113 2899.**

After 9:00pm call Hospital Switch Board on 9113 1111 and ask to be transferred to the Doctor on-call for General Medicine and state you are an admitted HiTH patient.

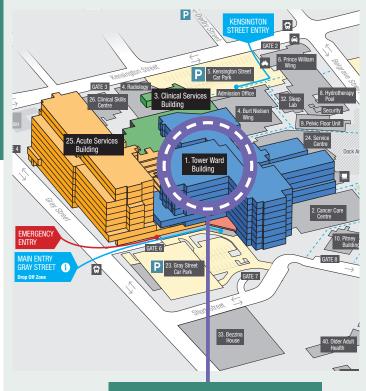
In Case of an Emergency

If you experience high fevers, swelling of the face or mouth, or difficulty breathing

PHONE 000 IMMEDIATELY AND ASK FOR AN AMBULANCE.

NSW Health does not tolerate violence towards staff.

Any behaviours of concern will be escalated and may result in the withdrawal of care.



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If in Doubt, Reach Out Call HiTH

Between the hours of 8am to 9pm, telephone the HiTH team on 9113 2899 or 0428 359 591

8:00am – 9:00pm 7 days a week

St George Hospital 4 North, Tower Ward Block Gray St Kogarah NSW 2217

Produced by St George Hospital and Community Health Service





HOSPITAL IN THE HOME

CONGESTIVE HEART FAILURE

Information for patients and carers

What is Heart Failure?

Heart failure is a common condition caused by the heart muscle not pumping as well as it should.

Heart Failure can cause extra fluid to build up in the body. This fluid can go to the lungs, lower legs and feet, and to the stomach.

Common symptoms of Heart Failure

- Shortness of breath
- Sudden increase in weight
- Coughing
- Swelling of lower legs, feet or stomach (Oedema)
- Increased fatigue
- Loss of appetite

Diagnosis

A Medical practitioner must first assess your symptoms and order tests to confirm a diagnosis of heart failure.

Tests the doctor may order could include an echocardiogram (ultrasound of the heart muscle), physical examinations, blood tests, chest x-ray, electrocardiogram (ECG - to check heart electrical activity), exercise tests and lung function tests.

Treatment of Heart Failure with HiTH

- Our HiTH doctors and nurses will assess you and make a treatment plan.
- Mild symptoms of heart failure can be treated with tablets.
- Moderate or severe symptoms may need intravenous (IV) medications through a cannula into your vein, normally inserted into your hand or arm.
- HiTH staff will ask you to weigh yourself and write your weight down every morning before you eat or drink anything. The daily weight helps us to see how well treatment is working.
- You may be asked to restrict your fluid intake to help manage the extra fluid build-up in your body. You may be asked to eat less salt, as a lot of salt makes it hard for the body to get rid of extra fluid.
- Compression bandaging may be applied to the lower legs. Elevating your legs whenever you are sitting, will help to decrease fluid build-up and swelling.
- When you are discharged from HiTH, you may be referred to the St George Hospital Heart Support Service. This service can send a nurse to see you at home for further monitoring and support.

St George Hospital Heart Support Service - contact phone number - 9113 3042.

Future management

There are important actions you can take to relieve symptoms and slow further damage to your heart:

- Take your prescribed medications
- Reduce your fluid intake as per your treatment plan 1.2 to 1.5 litres is usually recommended
- Reduce your salt intake
- Continue to weigh yourself daily if you are able.
- Walk/exercise daily staying active can help you feel better and stay well
- Follow up regularly with your GP and cardiologist
- Report worsening of your symptoms to your doctor.

Weight Chart

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My fluid restriction is:		
Date	Weight	