

# Congestive Heart Failure (CHF)

Empowering *you* and *your* Loved One

## Goals

- No shortness of breath
- No increase in swelling
- No chest pain
- No change in level of independence
- No unintended change in weight
- Avoid unnecessary hospitalization



*When only home will do, we can help*  
1-877-308-1212 • [www.CompassionateCareMI.com](http://www.CompassionateCareMI.com)

Compassionate Care Home Health Services, Inc. is a home health care agency, owned and operated in Michigan, that has been providing excellent home health care for Michigan residents and their families since 1998. We are dedicated to providing the highest quality home health services including but not limited to personal care, private duty nursing services, and therapies.

Effective management and monitoring of Congestive Heart Failure (CHF) are vital in preventing client hospitalizations. According to the American Heart Association, CHF is the leading cause of hospitalizations in people over the age of 65 in the United States.

Compassionate Care believes every individual has the right to understand their plan of care, make decisions about services they receive and live as independently as possible.

You will find a specialized care plan for CHF clients on the reverse side. Please utilize this plan as a guideline for caring for you or your loved one with CHF.

### Always call your doctor or nurse if you have:

- Increased shortness of breath
- Increased swelling in the legs, feet or ankles
- Increased swelling in the abdomen
- A persistent cough
- Dizziness or light-headedness
- Increased fatigue
- Trouble sleeping while lying flat
- Increased or decreased weight
  - More than 3 pounds in 3 days
  - More than 5 pounds in 5 days
- Any other changes in condition
- Any questions

### Call your doctor IMMEDIATELY if you have:

- Unrelieved shortness of breath
- Unrelieved chest pain or tightness
- Wheezing when you breathe
- Confusion
- Significant increase or decrease in weight
  - More than 5 pounds in 3 days
  - More than 7 pounds in 5 days

**Call 911 immediately for any life-threatening emergency.**

# At Home Service Plan for CHF Clients

## *Weight*

- Check weight at least twice a week or as ordered by physician
- Use the same scale every time
- Place scale on the same floor every time (hard surface is best)
- Weigh at the same time of day (first thing in the morning is best, after voiding and before eating)
- Record weights

## *Medications*

- Take all medications exactly as prescribed

## *Nutrition*

- Follow your physician's advice
- General dietary suggestions include:
  - Eat less salt
  - Eat more fruits and vegetables
  - Choose whole grains
  - Choose oily fish (salmon, trout, herring)
  - Choose fat-free or low-fat dairy options
  - Choose heart healthy snacks (walnuts, sunflower seeds)

## *Activity*

- Follow your physician's advice for exercise
- Consult your physician before starting any exercise plan
- General activity suggestions include:
  - Aim for 30 minutes a day, at least 4 times each week. NOTE: If 30 minutes is too long, try 10 minutes at a time, 3 times a day.
  - Enjoy a short walk
  - Stand up and stretch several times a day
  - Do some seated exercises several times a day
- Be careful not to overdo it
- Stop and rest if you experience shortness of breath or chest pain