

Attribuut	
V	How are you?
P	Given the circumstances, I'm actually doing quite well. I sleep well and, uh, I eat well. I just get tired quickly.
V	Yes, and how do you notice that?
P	When walking a short distance, I already feel tired, and uh...
V	And how long have you walked approximately?
P	Well, just this little bit. I am not completely exhausted, but I do think: that was quite an effort. Or when climbing the stairs.
P	10 minutes.
V	10 minutes, okay. And is it shortness of breath, or is it general fatigue?
P	General fatigue
V	General fatigue, okay. Yes, no, okay. That's understandable. Hopefully, it will improve. Do you go outside every day?
P	Yes, to do groceries. Otherwise, not that much to be honest.
V	And do you do that on foot?
P	By bike.
V	Okay, and how far is that? How long does it take?
P	That's about 7 or 10 minutes cycling.
V	Yes, and then you cycle there, do your groceries, and cycle back?
P	Yes, then back again because I have some issues with my feet, so walking long distances is difficult. I do most of it by bike.

V	No, but that's fine. Look, it's very good to do some exercise every day. Walking, cycling. Yes, and try to extend the duration a little bit. If you say that before shopping, you take a slightly longer route afterward, just see how that goes, right? How is your medication? Is everything going well?
P	Yes, everything is going well.
V	Okay, and have you noticed any difference since using the new medication?
P	No, not really, or maybe I felt something different in my upper abdomen, a bit bloated
V	Okay.
P	But it's not significant, but I did notice it. That's the difference
V	And has this been going on for days, or?
P	No
V	No, okay. But you had it yesterday, and is it still there?
P	Yes.
V	Okay, eating and drinking? Is that going well?
P	That's going fine.
V	Fluid restriction, is that working?
P	Well, I do struggle with that, to be honest. Sometimes I cheat a little.
V	Yes, and how much do you go over the limit? How much do you drink then?
P	One glass.
V	Okay, and with salt? How is that going?
P	Well, yes, that's a bit of an adjustment. Salt is still a flavor enhancer.

V	Try using other herbs instead of salt. You need to persevere a bit. At first, you will notice it, but if you stick with it, you will start tasting things differently.
P	Yes
V	Yes, because we are all a bit addicted to salt. That's the thing. Okay, now I will measure your blood pressure and weigh you. Then you need to have your blood drawn later to check how your kidney function is doing with this new medication. You can take off your jacket. Yes, that's fine. You can sit here for a moment. Can this be rolled up, or can you take it off? Oh, sorry. Your arm is a bit clammy. Are you feeling warm? Well, just relax. I will measure your blood pressure.
P	Has my blood pressure changed?
V	Oh, I don't know yet. It's still measuring.
P	Haha. That's like asking, "How does it taste?" when I haven't taken a bite yet.
V	Haha. Are you impatient? Well, your blood pressure is good. 106 over 72. That's excellent. Let's see what it was last time. But first, please step on the scale. 80.2. You can step off. Can you lie flat?
P	Lie flat?
V	Yes, lie flat on the mattress with one pillow.
P	Yes, sure.
V	That's going fine? Let's check for fluid retention. No, there's no fluid. That's good. No shortness of breath?
P	No, absolutely not.
V	Okay. Do you need to climb stairs at home?
P	No, no. Only when I go to church, but I don't go there.
V	Haha, so you don't go there. Let's see what it was last time. Blood pressure is actually better. It was okay last time as well. You have gained weight, but since we reduced the diuretics due to kidney function decline, we have to accept that for now. Let's hope your kidney function

	improves. So we'll have to wait and see. I would advise you to watch your fluid and salt intake. More importantly, salt in your case. If you occasionally go over by one glass, try not to, of course. But be especially careful with salt. Do you cook yourself?
P	My husband always cooks. Haha.
V	And does he add salt while cooking?
P	No, never.
V	Then try not to add it at the table either, that would be... [unintelligible]
P	No, we don't use salt in our food.
V	Okay, alright. Do you have any other questions?
P	Uh, not at first glance, no.
V	Okay, you already have an appointment in about two weeks, about 1.5 weeks, on February 3rd. So, if you could get your blood drawn before you go home, I will monitor the results, and then I will discuss with the doctor whether we need to make any changes or if things can remain the same until your consultation.
P	Okay.
V	That's the current question. And then we will discuss with the pharmacy if anything needs to be adjusted.
P	Okay.
P	I still have a question. It's about exercise. During the first consultation with the cardiologist, it was: "Do you exercise?" Try to take it easy because your energy level is lower and your blood pressure is low. But now I think, since things are improving, that it might be better for me to move a bit more. But is that okay? Is that...?
V	Yes, that's what I just said. See if it works. Try cycling for a few extra minutes when you go to the store.
P	Then maybe I'll walk instead, that might be even better.
P	Yes, because I just said that walking wasn't going so well...

V	And then you need to consider that carrying groceries will make it heavier. Cycling is perfectly fine. But rest is also very important. The exercise I recommend doesn't mean you shouldn't rest. It would be good to lie down and rest in the afternoon. Just relax on the couch or in bed for about an hour. You don't have to sleep. Maybe put on some music or just enjoy some silence. Set an alarm so that after an hour you get up again. You'll notice that this makes it easier to gradually increase your activity, for example, cycling to the supermarket.
P	Then I'll just take a little detour.
V	Yes, take a little detour, get your groceries, go home, rest, and see how that went. If it went well, you can do it again next time. And each time, you can build it up a bit. If you feel it was too much, then stick to that small extra round. Try to find a balance that works for you. But rest and exercise can go well together. That's how you build it up. Start with that.
P	Yes, I understand. That sounds good.
V	Okay, then we'll leave it at that unless you have any more questions. I will call you with the blood test results, okay?