

Common Heart Failure Questions

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SPECIFIC QUESTIONS ABOUT HEART FAILURE

Note: This is a working draft and there are duplicates that demonstrate different ways questions might be asked and answered.

Heart Failure patients are a subset of cardiac patients and the concerns and questions they have are common across medications, cardiac rehab, leaving hospital etc with the following to be noted:

- Heart failure patients have a number of specific medically prescribed limitations that don't limit other heart patients such as limiting sodium and fluid intake
- Heart failure patients have to adhere to daily weighing to detect any fluid retention
- Heart failure patients can have greater mobility issues because of reduced strength and stamina

Note – we haven't developed specific Q&A questions and answers for heart failure as our focus was on an inpatient guided conversation.

Sample Question	Answer
I can't remember how to weigh myself	I'll show you a short video on how to weigh yourself. {show video}. Is that ok now?
I don't think my scales are accurate	It's okay if they are reading a few pounds (kilos) under or over, so long as you can see if you have gone up a lot in a day or two
I've put on a lot of weight since yesterday (this week)	Call your doctor to talk about it with them. If you feel short of breath, have chest pains or feel unwell you should call a paramedic.
I've lost a lot of weight since yesterday	Call your doctor straight away if 2 or more pounds in a day or more than 5 pounds in a week
I can never remember to weigh myself	Try putting a note on your bathroom vanity mirror or set an alarm on your phone
It's too cold to weigh myself in the morning	You can wear slippers and a robe if you wear the same ones every morning
Do I have to weigh myself if I feel sick	It's important to weigh yourself every morning to see if you are holding too much fluid.
I've already had breakfast; can I still weigh myself	No, the food you have eaten adds to your weight on the scales. Make sure to remember to do it before eating tomorrow morning.
Why can't I eat salt	Salt makes your body hold onto fluid which can cause dangerous swelling.
I can't tell how much salt (or sodium) is in <food_synonyms>	This would be covered in Nutrition Q&A
Is it ok to eat <food_synonyms> when I watch the football	This would be covered in Nutrition Q&A
Is it ok to eat <food_synonyms> once a week	This would be covered in Nutrition Q&A
Is frozen food better than canned food	This would be covered in Nutrition Q&A
How much salt is in <food_synonyms>	This would be covered in Nutrition Q&A
Is it ok to drink <fluid_synonyms> if I stick to my limit	Water is the best drink at all times. Many other drinks can affect your medications, heart rate and blood pressure.

Can I drink more water more if I'm <activity_synonyms>	
I don't pee very much	These are all symptom issues which would be referred to doctor
I am having trouble sleeping	These are all symptom issues which would be referred to doctor
I don't feel like eating	These are all symptom issues which would be referred to doctor
I feel nauseous	These are all symptom issues which would be referred to doctor
I feel dizzy	These are all symptom issues which would be referred to doctor
I feel confused	These are all symptom issues which would be referred to doctor
I have a cough that has gotten worse	These are all symptom issues which would be referred to doctor
What can I eat when I go out	This would be covered in Nutrition Q&A
What take out can I eat	This would be covered in Nutrition Q&A
What exercise can I do	This would be covered in Movement Q&A