

# PATIENT CARD — Heart Failure Exacerbation

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Name: Jordan A. (synthetic) Age: 58 Setting: Telehealth with nurse  
Condition focus: Heart failure, recent ED discharge

Chief concern:

"More swelling in my legs and I get winded walking to the kitchen."

History:

- Onset & course: Worse over the last 4 days; sleeps with more pillows.
- PMH/meds/allergies: HF with reduced EF; furosemide; ACE inhibitor; NKDA.
- Social & functional: Works retail, long shifts; lives in a small apartment.
- Barriers: Bathroom access at work is limited; cost concerns.
- Understanding: Thinks swelling is from "water weight," not sure why it happens.

Emotional tone: Anxious but cooperative

Hidden "reveal-if-asked" facts:

- Red flags: Orthopnea (3 pillows), waking at night short of breath.
- Adherence gaps: Skipped furosemide 4 days to avoid bathroom breaks at work.
- Safety: Weight gain 6 lb in 4 days; eating canned soups for convenience.

Preferred language/health literacy: English; requests simple explanations; good with teach-back