Patient And Caregiver Education (PACE)



Call Us At: (866) 995-8681

Heart Failure Symptom & Awareness Action Plan

- No trouble breathing
 - No chest pain
 - No weight gain
- No change in symptoms or activity level
 - No swelling of ankles

Under Control

- Continue to:
- Take your medications
- Follow a low salt diet
- Attend all doctor appointments
- Weigh yourself every day

- Sudden weight gain –
 3 to 5 pounds in two days
 - Loss of energy
- Shortness of breath with activity
 - Increased swelling
 - Increased coughing
 - Wheezing

Call Your Doctor

You may need an adjustment of your medications

- Call your doctor within 24 hours, have your medication list handy
- Limit salt & activity
- Call Age Advantage for a little extra help if needed

- Shortness of breath while you are resting
 - Dizziness
- Sudden weight change more than 5 pounds

Call Your Doctor Right Now! You need to see your doctor now! If you need assistance with contacting or getting to your doctor, please call us.

Doctor:

Phone:

Unrelieved chest pain

• Unrelieved trouble breathing

- Confusion or fainting
 - Feeling Anxious

Call 9-1-1 Immediately!

WHERE PEOPLE MATTER MOST!