Heart Failure – Beyond the Drugs

Professor Rob Doughty
Heart Foundation Chair of Heart Health
The Auckland Heart Group, University of Auckland &
Green Lane Cardiovascular Service, Auckland City Hospital
Heart Failure: Beyond the Drugs

Key learning points:

• Practical aspects of patient self-management

• What can be done in situations of worsening heart failure

• Increase awareness of resources available for patients to enhance self-management
Heart Failure Pharmacotherapy

- Frusemide 80-120mg daily
- Cilazapril 5mg daily
- Carvedilol 25-50mg bid
- Spironolactone 25mg daily
- Atorvastatin 40mg daily
- Aspirin 100mg daily
- Other drugs......

- Commonly 9+ different medication classes
Self-management for patients with heart failure

It’s not how much information we give it’s how much the patient understands
Goals of Patient Resource

• Focus on NZ population
• Simple accurate information
• Promote maintenance of health
• Promote self management
• Can be used by patients and all providers
Contents

- My staying well plan 4
- Understanding my heart failure 8
- Why taking my pills is important 14
- Why eating less salt and a healthy diet are important 21
- Why doing daily checks is important 28
- My heart failure action plan 34
- Getting the most out of life 36
- Further information 48
Why eating less salt and a healthy diet are important 21
Why eating less salt and a healthy diet are important

Why eating less salt is important
Salt, or sodium, makes it harder for your body to get rid of fluid. Eating too much salt is likely to make your heart failure symptoms worse.
A healthy, balanced, low salt diet will help to:
- Improve your heart failure symptoms
- Give you more energy
- Keep you at a healthy weight
- Manage gout, high blood pressure and diabetes.

"I couldn’t believe the difference that cutting down salt made to me. I was able to cut down on my water pills."
Less alcohol

Drinking too much alcohol can:
- Make your heart failure symptoms worse
- Damage your heart muscle
- Affect your heart rhythm
- Affect some of your pills
- Alter your fluid balance.

If your heart muscle has been damaged by alcohol, then you shouldn’t drink any alcohol at all even when you start to feel better.

If you choose to drink alcohol:

Keep to the recommended limit — three standard drinks a day for men and two standard drinks a day for women.

A standard drink is equivalent to:
- ½ pint of ordinary strength beer (250ml)
- Small glass of wine (100ml)
- Pub measure of spirits (30ml).

Some days don’t have an alcoholic drink.

Don’t binge drink.

If you are worried about the amount you are drinking, talk to your doctor or nurse or call the Alcohol Drug Helpline on 0800 787 797 for free and confidential advice.
Staying well with heart failure
My daily checks diary

Use this daily checks diary in conjunction with your copy of "Staying well with heart failure."

1. Weigh yourself every morning on the same scales
   - After you have been to the toilet
   - Before you eat or drink anything
   - Before you put on your clothes

2. Check for swelling everyday

3. Be aware of changes in breathing

Refer to "Staying well with heart failure" page 11.
Refer to "Staying well with heart failure" page 12.
Refer to "Staying well with heart failure" page 13.

• Record in your diary
• Check your action plan
• If anything changes contact your GP or your heart failure service.

Contact details
GP: ____________________________
Heart failure service: ____________________________

http://www.heartfoundation.org.nz/know-the-facts/conditions/heart-failure
### My daily checks record sheet

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Weight</th>
<th>Any swelling?</th>
<th>Any change in breathing?</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you would like more copies of this record sheet visit: [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

### My heart failure action plan

#### I FEEL WELL
- **My symptoms:**
  - Weight is on target
  - Little or no swelling
  - Breathing is easy.

**What to do:**
- Keep taking my pills
- Keep eating less salt as part of a healthy balanced diet
- Keep doing my daily checks—weight, swelling and breathing
- Keep making changes to improve my health.

#### I DO NOT FEEL WELL
- **My symptoms:**
  - Weight is up by ____ kgs over 1–2 days
  - Swelling in ankles, legs or tummy
  - Hard to breath with activity or at night
  - Need to use more pillows at night
  - Constant cough or wheeze
  - Very tired.
  - Weight is down by ____ kgs over 1–2 days
  - Dry mouth/skin
  - Dizziness.

**What to do:**
- If my weight has increased:
  - ________________
  - ________________
- If my weight has decreased:
  - ________________
  - ________________
  - Call doctor or nurse:

#### I NEED TO GET HELP NOW
- **My symptoms:**
  - Sudden, severe shortness of breath
  - Angina not relieved after following angina action plan
  - Develop new chest pain/whilstness/nearness
  - Sweating, weakness or fainting.

**What to do:**
- Get help NOW
- Call 111 for emergency help.

Adapted with permission of Independent Health
My daily checks record sheet

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Weight</th>
<th>Any symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you would like more copies of this record sheet visit: www.heartfoundation.org.nz

My heart failure action plan

My symptoms:
- Weight is up by ___ kgs over 1-2 days
- Swelling in ankles, legs or tummy
- Hard to breath with activity or at night
- Need to use more pillows at night
- Constant cough or wheeze
- Very tired.

Weight is down by ___ kgs over 1-2 days
- Dry mouth/skin
- Dizziness.

What to do:

If my weight has increased:

- ___________________________
- ___________________________
- ___________________________

If my weight has decreased:

- ___________________________

Call my doctor or nurse:

- ___________________________
- ___________________________
- ___________________________

Adapted with permission of Independent Health
Case

80yr old man

Longstanding HTN, AF, CKD (eGFR 40-50), COPD

Moderate-severe LV hypertrophy, normal LVEF

“HF-preserved EF” – hypertension and AF

Frusemide 120mg, cilazapril 5mg, diltiazem 120mg, doxazosin 4mg, atorvastatin 40mg
Case 2

Breathless
BP 119/60, HR 76 AF
Mild ascites
Marked peripheral oedema
Creatinine 128 micromol/L

Options?
Case 2

Increase oral frusemide
rest for an hour after oral frusemide
Case 2

Increase oral frusemide
  rest for an hour after oral frusemide

Add another diuretic
  bendrofluazide 2.5mg
  or metolazone 2.5 mg

– beware marked diuresis can occur
Case 2

Increase oral frusemide
  rest for an hour after oral frusemide
Add another diuretic
  bendrofluazide 2.5mg
  or metolazone 2.5 mg
  – beware marked diuresis can occur
i.v. frusemide
Case 2

Poor i.v. access

Subcutaneous frusemide 250mg / 24 hours

  2 days at home

Weight 88kg – 83.5kg

Marked symptomatic improvement

Renal function stable
Heart Failure: Beyond the Drugs

Key learning points:

• Practical aspects of patient self-management
• What can be done in situations of worsening heart failure
• Increase awareness of resources available for patients to enhance self-management