

Healthy Driven™

Edward-Elmhurst
HEALTH



A GUIDE FOR HEART FAILURE
Your Road to a Healthy Recovery



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Visit our Heart Failure Page for more information and clinic locations:
<https://www.eehealth.org/services/heart-vascular/heart-failure/>

WELCOME TO EDWARD ELMHURST HEALTH

It is normal to feel anxious and nervous being in the hospital. Knowing what to expect will ease your anxiety and help you with your recovery. We are providing you this information to help guide you and your family through your experience at Edward-Elmhurst Health. Our doctors, nurses, Heart Failure Coordinators and other members of the healthcare team strive to provide you with the safest and best medical care possible. Please do not hesitate to ask a member of your healthcare team any questions during your stay.

This education booklet will help you organize important information that you receive during your hospital stay. It has information specific to your stay at Edward-Elmhurst Health. Also included in this educational booklet is the Krames publication Living Well With Heart Failure. This booklet is an important informational tool regarding your lifestyle and risk factor management. Please read it often and ask any member of your healthcare team any questions you may have.

For any questions regarding your stay, or when you return home, please call:

EDWARD HOSPITAL
Donna Matthews, MSN RN, BSN
Heart Failure Navigator
630-527-2886

ELMHURST HOSPITAL
Specialty Care Clinic
331-221-6180

Take a free, five-minute HealthAware test

Our assessments provide a quick analysis of your health and suggested next steps if you are found to be at risk. In just five minutes, you can gauge your risk of developing diseases or disorders that can weaken your health and affect your lifestyle.

1 Learn.

Take the free, confidential assessment and learn if you are at risk.

2 Listen.

If eligible, accept the clinical screening where you'll learn what steps to take to improve your health.

3 Live Healthy

Follow the clinical recommendations and visit your doctor for a longer, healthy-driven life.

Take an assessment today at EEHealth.org/health-aware

HEART AWARE

Even seemingly healthy people can experience heart disease.

STROKE AWARE

Stroke is the leading cause of adult disability, regardless of age.

ANXIETY AWARE

More than 40 million adults in the U.S. are affected by anxiety disorders.

DEPRESSION AWARE

Depression interferes with everyday life, but the condition is treatable.

ADDICTION AWARE

Alcohol & drugs can take over your life, ruin relationships & damage your health.

DIABETES AWARE

Diabetes can lead to serious complications, like kidney failure, and premature death.

SLEEP AWARE

Snoring could be a sign of something serious – and potentially deadly.

WEIGHT AWARE

Find out if your weight is impacting your overall health.

BREAST AWARE

Detect breast cancer at its earliest, most treatable stage.

LUNG AWARE

Early detection of disease like COPD, can save lives.

COLON AWARE

Colon cancer can often be cured if found early.



NUTRITION

NUTRITION

Delicious Meets Nutritious 2023

What is good for your heart can also be great for your taste buds

This two-part series focuses on flavorful food choices you can make while still maintaining a well-balanced diet. Learn smart shopping secrets and the best choices for snacking and restaurant eating. Also included is a recipe demonstration with a registered dietitian. All classes are located in the Edward Heart Hospital conference room.

Week 1

Heart Healthy Meal Planning & Shopping Savvy

- ▶ Learn American Heart Association dietary recommendations and healthy lipid levels
- ▶ Learn tips for reducing fat, cholesterol and sodium in the diet
- ▶ Learn tips for lowering LDL and triglycerides
- ▶ Learn heart healthy foods and healthy portion sizes
- ▶ Review meal planning
- ▶ Review components of a heart healthy meal plan
- ▶ Learn to read food labels and understand food label claims
- ▶ Aisle-by-aisle examples of heart healthy foods to choose at the grocery store

Week 2

Eating on the Run & Heart Smart Cooking

- ▶ Learn healthy alternatives at fast food restaurants
- ▶ Learn healthy vs. high fat foods at restaurants
- ▶ Learn tips on nutritious ethnic food selections
- ▶ Learn healthy substitutions for lower fat and lower sodium cooking
- ▶ Learn heart healthy cooking techniques
- ▶ Learn how to stock your pantry
- ▶ Recipe makeover with preparation of a low fat dish including samples to taste

The two-part series is offered on the following dates:

Tuesday Series 10 – 11:30 a.m.

(Education Center room 301, unless noted otherwise)

February 14 and 21*

April 18 and 25

June 20 and 27

August 22 and 29

October 17 and 24

December 12 and 19

*Room 309

Thursday Series 6 – 7:30 p.m.

(Heart Hospital Ground Floor Conference Rooms A&B)

January 19 and 26

March 16 and 23

May 18 and 25

July 20 and 27

September 21 and 28

November 9 and 16

\$40.00 for the two-part series (Classes are free to Heart Hospital patients when scheduled within 30 days of discharge.)

Call (630) 527-6363 to register.

Heart Failure Nutrition Therapy

This nutrition therapy will help you feel better and support your heart.

This plan focuses on:

- Limiting sodium in your diet. Salt (sodium) makes your body hold water. When your body holds too much water, you can feel shortness of breath and swelling. You can prevent these symptoms by eating less salt.
- Limiting fluid in your diet. For some patients, drinking too much fluid can make heart failure worse. It can cause symptoms such as shortness of breath and swelling. Limiting fluids can help relieve some of your symptoms.
- Managing your weight. Your registered dietitian nutritionist (RDN) can help you choose a healthy weight for your body type.

You can achieve these goals by:

- Reading food labels to keep track of how much sodium is in the foods you eat.
- Limiting foods that are high in sodium.
- Checking your weight to make sure you're not retaining too much fluid.

Reading the Food Label: How Much Sodium Is Too Much?

The nutrition plan for heart failure usually limits the sodium you get from food and drinks to 2,000 milligrams per day. Salt is the main source of sodium. Read the nutrition label to find out how much sodium is in 1 serving of a food.

- Select foods with 140 milligrams of sodium or less per serving.
- Foods with more than 300 milligrams of sodium per serving may not fit into a reduced-sodium meal plan.
- Check serving sizes. If you eat more than 1 serving, you will get more sodium than the amount listed.

Home Meal Delivery Options

Name	Meals Available	Price	Fresh or Frozen	Diets Available	Other
Meals for Moms	Breakfast Lunch Dinner	\$6.99 / meal + shipping	Refrigerated; can be frozen after delivery	Low Sodium; Vegetarian; Low Fat; Diabetic	Possibly covered by Medicare/Medicaid.
Seattle Sutton	Breakfast Lunch Dinner	\$7-10 / meal + shipping	Fresh	Low Sodium; Vegetarian; Low Fat; Diabetic	
Factor 75	Breakfast Lunch Dinner	\$11-15 / meal	Fresh, can be frozen	Gluten Free; Dairy Free; Low Carb	Not all meals are low Sodium.
Meals on Wheels	Lunch/Dinner	Free if qualified	Fresh	Low sodium; Diabetic, Vegetarian, pureed available	Availability dependent on where you live
Fresh n Lean	Breakfast Lunch Dinner	\$9.33-12.69/meal	Fresh	Vegetarian & Vegan	Not all meals are low sodium. All meals are vegetarian/vegan
Meal Village	Breakfast Lunch Dinner	\$4.95-10.95 / meal	Fresh	No Special Diets available	Available for same day delivery. No nutrition facts available, ingredient info available only.
Entrée Kitchen	Breakfast, lunch, Dinner, sides	\$4.91- 5.94 / serving	Fresh; served in large batches that are meant to be frozen	Low Sodium/Fat; Low Carb; Gluten Free	Has membership terms; Each entrée serves 6, can be split into 2 portions & is meant to be frozen for later use.

**Please note Edward Hospital is not affiliated with any of the above companies. This is purely an overview of options available.

**Also note that pricing and availability are subject to change based on your location.



GOING HOME

GOING HOME

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Once you have been cleared by ALL of your physicians, your nurse will begin the discharge process. You will receive an After Visit Summary (AVS) that will detail your current prescribed medications, the heart failure discharge instructions and all of your necessary follow-up appointments. Pay close attention to this document and ask questions if you have them. Refer back to the AVS when you are unsure about your medications or follow-up appointments. Keep in mind that your medications may have changed since your admission to the hospital.

HOME HEALTH

Your physician and hospital healthcare team members may determine that you will benefit from home health care. Edward-Elmhurst Health has a home health agency called **Residential Home Health**. The staff members planning your discharge will assist you with these arrangements. You may be referred to a different home health agency based on your insurance coverage or location. Our Case Management team will help you choose a home health agency that is right for you. Most insurances and Medicare cover the cost of home health services. It is always best to check with your insurance provider to verify the extent of your home healthcare coverage.

DISCHARGE INSTRUCTIONS

Over the next few pages you will find your instructions for **Going Home**. Again, these same instructions will be located on your AVS. Please refer back to this section often when you have a question. The **Heart Failure Guidelines** page should be posted on your refrigerator. The **Daily Weight Log** should be posted next to your scale.

GOING HOME

In this section you will find the tools which will guide you through the first few days after you leave the hospital. Continued use of these tools will help you develop the skills necessary to keep your heart failure under control.

Heart Failure Guidelines – place this worksheet on your refrigerator or somewhere you can refer to it every day to help you decide if your symptoms are under control, and what to do if they are not.

Home Care Instructions Following Heart Failure – the most important things to do **every day** include:

- Weigh yourself
- Take your medicines as prescribed
- Limit your sodium (salt) and fluid intake
- Know when to call your cardiologist, primary doctor, or nurse
- Know when to seek emergency care

Things for you to remember:

1. An appointment has been made for you to see your doctor or healthcare provider within 7 days of hospital discharge. It is important that you attend this appointment to make sure your symptoms are under control.
2. Your recommended sodium intake is 1500-2000 mg daily
3. Limit your fluid intake to no more than 2 liters or 64 ounces per day
4. Some exercise and activity is important to help keep your heart functioning and strong. Unless instructed not to exercise, you may walk at a slow to moderate pace for 10-15 minutes 2-3 days per week to start. Pace your activity to prevent shortness of breath or fatigue. Stop exercise if you develop chest pain, lightheadedness, or significant shortness of breath.

Call your Cardiologist if:

- You gain 2 pounds overnight or 3-5 pounds in 3-4 days
- You have more difficulty breathing
- You are getting more fatigued with normal activity
- You are more short of breath lying down or awoken at night short of breath
- You have swelling of your feet or legs
- You urinate less often during the day and more often at night
- You have cramps in your legs
- You have blurred vision or see yellowish-green halos around objects or lights

Go to the Emergency Room if:

- You have tightness or pain in your chest
- You are extremely short of breath
- You are coughing up pink-frothy mucus
- You are traveling and develop symptoms of worsening heart failure

HEART FAILURE GUIDELINES

SELF-CHECK PLAN FOR HEART FAILURE

WHAT TO DO EVERY DAY

- ✓ Weigh yourself in the morning before breakfast and after urination
 - *Use the same scale and same amount of clothing. Record on Weight Chart*
- ✓ Determine which Heart Failure Zone you are in today:
 - GREEN - GOAL ZONE**
 - YELLOW - CAUTION ZONE**
 - RED - WARNING ZONE**
- ✓ Take your medicine as ordered by your healthcare provider
- ✓ Check for swelling in the feet, ankles, legs and abdomen
- ✓ Eat low salt foods and limit fluids to 8 eight ounce glasses daily (total 64 oz. per day)
- ✓ Balance activity and rest periods
- ✓ Attend all follow up healthcare visits. Bring your weight chart and list of current medications

GREEN – GOAL ZONE

- No new or worsening shortness of breath
- No weight gain of more than 2 pounds in 24 hours
- No new swelling; feet, ankles and legs look normal to you
- No swelling or discomfort in abdomen
- No chest pain or discomfort

What do I do? Excellent! You are in your goal zone. Continue to follow the **“WHAT TO DO EVERY DAY”** schedule.

YELLOW – CAUTION ZONE

- You have a sudden weight gain of 2-3 pounds in one day or a weight gain of 5 pounds or more in a week
- More shortness of breath
- More swelling of your feet, ankles, legs or abdomen
- Feeling more tired, no energy
- Dry hacking/congested cough
- Dizziness
- Feeling uneasy; you know something isn't right
- It is hard to breath when lying down; need to sleep sitting up in a chair

What do I do? This is the warning zone. Contact your healthcare provider today. Have your list of current medications nearby. You may need a change of medications.

RED - WARNING/EMERGENCY ZONE

- Increased discomfort or swelling in the lower body
- Struggling to breathe, unrelieved shortness of breath at rest
- Chest pain
- Dizziness/confusion or cannot think clearly

What do I do? This is the warning/emergency zone. Contact your healthcare provider immediately. You need to be evaluated right away. **YOU MAY NEED TO CALL 911!**

WEIGHT CHART

WHAT TO DO EVERY DAY

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▶ BRING THIS CHART WITH YOU TO EVERY APPOINTMENT ◀

WEIGHT CHART

WHAT TO DO EVERY DAY

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- ✓ Determine which Heart Failure Zone you are in today:

GREEN - GOAL ZONE

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▶ BRING THIS CHART WITH YOU TO EVERY APPOINTMENT ◀

CARDIAC REHABILITATION

Cardiac Rehabilitation is an important step toward restoring your heart health. It is designed to help you get better and *stay* better. Recent scientific studies show that people who complete a Cardiac Rehabilitation program can increase their life expectancy by up to five years.

The Cardiac Rehab program is led by a team that includes exercise physiologists, registered nurses and respiratory therapists who will assess your individual capabilities and goals and then create a personalized outpatient Cardiac Rehab program for you.

Cardiac Rehab may begin while you are in the hospital and will continue on an outpatient basis with the goal of fitness and wellness becoming a part of your daily life.

As a participant of Cardiac Rehab you will meet other patients that have experienced the same life-changing event. Patients agree that the social aspect of exercising and sharing their common experiences is a vital piece in their recovery.

You will need a referral from your cardiologist to participate in Cardiac Rehab. In the event you live beyond our service area we can provide phone numbers for surrounding and even nationwide cardiac rehab facilities.

Edward Hospital Cardiac Rehabilitation

(630) 527-3388

Elmhurst Memorial Hospital

Cardiac Rehabilitation

(331) 221-6061



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