

NIPAWIN HOSPITAL

CONGESTIVE HEART FAILURE

Description:

Congestive heart failure is a condition which occurs when the heart's ability to pump blood has been reduced by a disease of the heart or blood vessels.

Guidelines:

- Maintain good hygiene.
- Restrict sodium intake.
- Don't add salt to your food.
- Avoid salted snack foods, canned soups and vegetables, prepared foods (such as TV dinners), luncheon meats, cheeses or pickles (any food preserved in brine).
- Check food labels for sodium content.
- Your physician may refer you to a dietitian.
- Gradually increase walking and physical activities to your capacity, without developing shortness of breath, palpitations or severe fatigue.
- Make sure to get adequate rest.
- Set aside a daily rest period.
- Avoid taking any over the counter medications without checking with your Doctor.
- Know the name, dosage, and side effects of your medications.
- Weigh yourself daily - in the morning before breakfast.
- Avoid temperature extremes, stay in a cool comfortable environment.
- In hot weather, perform your activities in the cooler part of the day.
- In cold weather, dress warmly but avoid restrictive clothing, which interferes with circulation.
- Wrap a scarf over your nose and mouth to warm the air and make breathing easier.

Signs and Symptoms to Report to Your Doctor:

- Weight gain, loss of appetite, shortness of breath upon activity, persistent cough, frequent urination at night, swelling of ankles, feet or abdomen.