



care for you

HEART FAILURE PROGRAM



Understanding Heart Failure

filling in the gaps

Module 2



WELCOME

Learning you or a loved one has a serious illness is overwhelming at best, devastating at worst. The first thing most of us do when we get home from the appointment that changed our lives is search the internet. We quickly see there is a mountain of valuable resources. One click leads you to hundreds more. Many of us find we've done a lot of clicking, but not a lot of learning.

To organize and clarify “need to know” heart failure information, Independent Health's Care For You, Heart Failure Program nurses have created this module program using the Healthwise resource library accessible to everyone on the IHA website.

The nurse guiding you through the module will be able to answer questions in real time. That means less writing it down now to ask later. Resources you think may be helpful from other sources can also be reviewed.

Understanding your disease will decrease stress and give you confidence in managing it with your healthcare team.

Thank you for letting us be a part of your team.

WHY WE ARE HERE

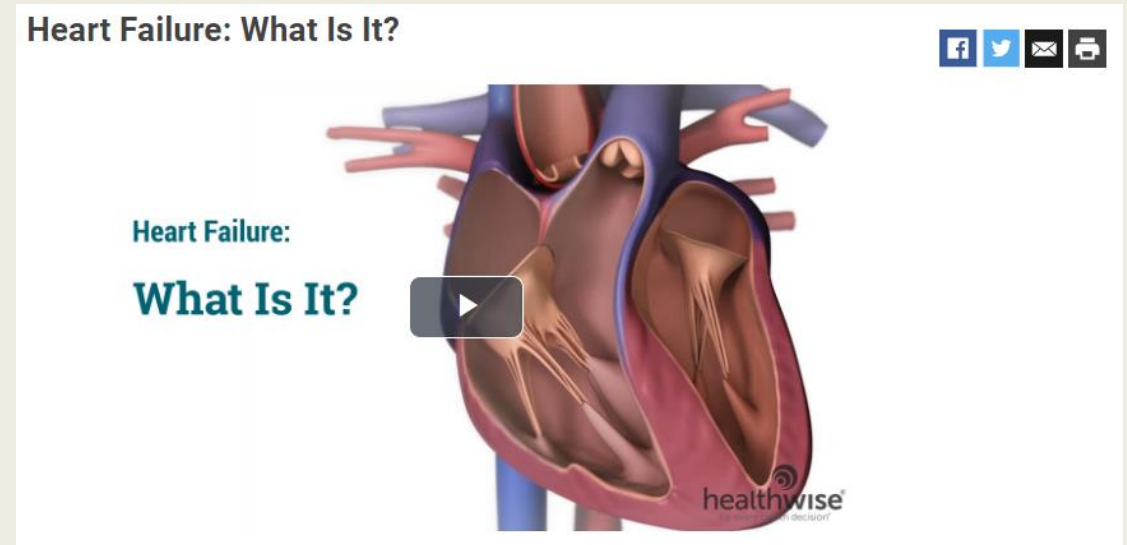
Our goal is to:

- Help you understand what is happening with your health.
- Receive information when you are ready to.
- Become confident in what you know about your disease so you can guide your care in a way that is true to who you are.
- Know you are not alone.

Heart Failure: What Is It? (healthwise.net)

Click the link above to watch a 3-minute video explaining what heart failure is from the IHA Healthwise online resource library.

Learn the different types of heart failure and things to think about that will keep **you** in control of how the disease affects you.



Sudden Heart Failure



Sudden heart failure is just that, it comes on suddenly. It is an emergency.



In under 2 minutes you can learn clearly and simply **what you can do** to avoid sudden heart failure.



Click this link to watch.

[Avoiding Triggers for Sudden Heart Failure \(healthwise.net\)](https://www.healthwise.net)

Sudden Heart Failure



Avoiding Triggers for Sudden Heart Failure

The American College of Cardiology and the American Heart Association created a classification system for heart failure.

In this system, heart failure is broken into stages A-D.

It categorizes heart failure based on how the disease progresses in most people.



To learn more, click here

[Heart Failure Stages \(healthwise.net\)](https://www.healthwise.net)

Stages of Heart Failure

Stage	Definition	Examples
A	Person is at high risk for developing heart failure. But there is no structural disorder of the heart.	Person has <u>high blood pressure</u> , <u>coronary artery disease</u> , <u>diabetes</u> , a history of <u>substance use disorder</u> , a personal history of <u>rheumatic fever</u> , or a <u>family history</u> of <u>cardiomyopathy</u> .
B	Person has a structural disorder of the heart. But the person has never had symptoms of heart failure.	Person has structural changes to the left ventricle, has heart valve disease, or has had a <u>heart attack</u> .
C	Person has past or current symptoms of heart failure. Symptoms are linked with underlying structural heart disease.	Person has shortness of breath or fatigue caused by structural heart disease. Or the person does not have symptoms and is getting treatment for prior symptoms of heart failure.
D	Person has end-stage disease. He or she needs specialized treatment strategies.	Person is often hospitalized for heart failure or cannot be safely discharged from the hospital. Or the person is in the hospital waiting for a heart transplant. Or the person is at home getting continuous intravenous support for symptom relief or being supported with a mechanical circulatory assistive device. Or the person is in a <u>hospice</u> setting for the management of heart failure.

The New York Heart Association also created a classification system.

It is broken into classes numbered 1-4.

With this system, heart failure is classified by symptoms when you are active.

Class I

People whose physical activity is not limited. Ordinary physical activity does not cause tiredness (fatigue), heart palpitations, trouble breathing, or chest pain. Ordinary physical activity includes activities like house cleaning, short walks, and gardening.

Class II

People who have some limitation on physical activity. They are comfortable at rest, but ordinary physical activity causes fatigue, heart palpitations, trouble breathing, or chest pain.

To learn more, click here

[Classification of Heart Failure \(healthwise.net\)](https://www.healthwise.net)

Class III

People who have marked limitation on physical activity. They are comfortable at rest, but less-than-ordinary physical activity causes fatigue, heart palpitations, trouble breathing, or chest pain.



Class IV

People who are unable to carry on any physical activity without symptoms. Symptoms may be present even at rest.

NOW YOU
KNOW

WHEN YOU
HEAR



Heart failure **described with a letter A-D** is describing how much the disease has **progressed in the heart & health impact.**



Heart failure **described with a number 1-4** is describing how much the disease is **affecting activity.**



Both help you & your team communicate in a simple way how the disease is affecting you.

TYPES OF HEART FAILURE

There is more than one type because there is more than one place in the heart that may not be working properly.

LEFT-SIDED HEART FAILURE

What most people have.

This is the side that pumps blood to the body.

The lower left chamber- called the left ventricle- either cannot fill up with blood as it should or cannot pump it out to the body as it should.

Systolic heart failure is when the left ventricle **cannot pump** blood well.

Diastolic heart failure is when the left ventricle **cannot fill up** with blood well.

To learn more, click links

[Heart Failure Types \(healthwise.net\)](https://www.healthwise.net)

EJECTION FRACTION

Ejection fraction tells us the percentage (the fraction) of blood that is in the left ventricle that is ejected (pumped) into the body from the left ventricle.

Heart failure with **reduced ejection fraction (HFrEF)** is another name for **systolic heart failure**.

Heart failure with **preserved ejection fraction (HFpEF)** is another name for **diastolic heart failure**.

[Heart Failure With Reduced Ejection Fraction \(Systolic Heart Failure\) \(healthwise.net\)](https://www.healthwise.net)

[Heart Failure With Preserved Ejection Fraction \(Diastolic Heart Failure\) \(healthwise.net\)](https://www.healthwise.net)

TYPES OF HEART FAILURE

RIGHT-SIDED HEART FAILURE

The right side of the heart pumps blood to the lungs.

Right-sided heart failure means the heart is not pumping blood to the lungs as well as it should.

To learn more, click here

[Right-Sided Heart Failure \(healthwise.net\)](https://www.healthwise.net/Right-Sided-Heart-Failure)

CAUSES

Left-sided heart failure is the most common cause of right-sided heart failure.

Other causes include:

Chronic lung disease

Heart attack

Valve disease

Pericardial constriction

Congenital heart disease

TYPES OF HEART FAILURE

HIGH-OUTPUT HEART FAILURE

High-output heart failure happens to very few people with heart failure.

It happens when a normally functioning heart cannot keep up with an unusually high demand for blood to one or more organs in the body.

Symptoms are the same as other types of heart failure, including shortness of breath & tiredness.

To learn more, click here

[High-Output Heart Failure \(healthwise.net\)](https://www.healthwise.net)

CAUSES

Cause	What is it?	How does it cause high-output heart failure?
Severe anemia	Blood contains too few oxygen-carrying red blood cells.	Requires the heart to pump more blood each minute to deliver enough oxygen to the tissues of the body
Hyperthyroidism	Thyroid gland produces too much thyroid hormone.	Increases the body's overall metabolism, thus increasing the demand for blood flow
Arteriovenous fistula	An abnormal connection between an artery and a vein	Short-circuits the circulation and forces the heart to pump more blood overall to deliver the usual amount of blood to the vital organs
Beriberi	Deficiency of thiamine (vitamin B1)	Leads to increased metabolic demand and increased need for blood flow
Paget's disease	Abnormal breakdown and regrowth of bones, which develop an excessive amount of blood vessels	Increased number of blood vessels requires increased cardiac output.

Now that we've filled in the gaps on what heart failure is. We need to fill in the gaps on what you can do about it.

Monitoring your symptoms with a Daily Action Plan is the easiest way to know what to do based on your symptoms each day.

To learn more, click here

[Heart Failure Daily Action Plan \(healthwise.net\)](http://healthwise.net)

HEART FAILURE DAILY ACTION PLAN

EVERY DAY		
<ul style="list-style-type: none"> WEIGH YOURSELF TAKE YOUR MEDICATIONS AS PRESCRIBED ACTIVITY AS TOLERATED LOW SALT DIET FLUIDS AS YOUR DOCTOR DIRECTED 		
GREEN ZONE		
EXCELLENT!	<ul style="list-style-type: none"> ✓ Your weight is stable. It's not going up or down. ✓ You breathe easily. ✓ You are sleeping well. You can lie flat without shortness of breath. ✓ You can do your usual activities. 	What to do: Keep up the good work! ENJOY YOUR DAY!
This is where you want to be.		
YELLOW ZONE		
BE CAREFUL!	<ul style="list-style-type: none"> ✓ You have new or increased shortness of breath. ✓ You are dizzy or lightheaded or feel you may faint. ✓ Sudden weight gain, 2+lbs in a day or 5lbs in a week. ✓ Increased swelling in legs, ankles or feet. ✓ So tired or weak you can't do your usual activities. ✓ Not sleeping well, shortness of breath wakes you up, need extra pillows. 	What to do: CALL YOUR DOCTOR -call both if not sure which one to call. PMD Name & Number: Cardiologist Name & Number:
Pay Attention		
Check in with your Doctor.		
RED ZONE		
THIS IS AN EMERGENCY	<ul style="list-style-type: none"> ✓ Severe trouble breathing. ✓ Coughing up pink, frothy mucus. ✓ You have a new irregular or fast heartbeat. ✓ Heart Attack symptoms-chest pain/pressure, sweating, shortness of breath, nausea or vomiting, lightheadedness or sudden weakness, pain/pressure in back/neck/jaw or upper belly, one or both shoulders/arms. 	What to do: CALL 911

THANK YOU FOR PARTICIPATING

In this presentation you learned:

- ✓ What heart failure is.
- ✓ How heart failure is described by classifications.
- ✓ The different types of heart failure.
- ✓ How to use a Daily Action Plan zone chart to easily monitor symptoms.
- ✓ How to use your zone chart to know what to do.

We're Here For You

- To discuss any of the information contained in this presentation, contact your Care For You Heart Failure Program Nurse
- Thank you for letting us be a part of your Healthcare Team.

