



careforyou

HEART FAILURE PROGRAM





MEDICATIONS

*There's a reason they look like candy....
so you'll take them*

Module 3

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.

YOU ARE NOT
ALONE IN
FEELING
OVERWHELMED
BY YOUR
MEDICATIONS

Heart Failure:

Taking Medicines



In this 2-minute video you will likely hear a story that sounds a lot like yours. Stress and confusion over medications. It can be better though!

Know that learning about your medicines, keeping your care team informed of how they make you feel, and using organizing tips that work for you will have you feeling confident managing your medications.

Click here to watch the video

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

Monitoring and Medicines for Heart Failure

Most people with heart failure will need to be on medications for the rest of their lives. There will be changes to your treatment over the years due to age, tolerance, diet & new treatments.

Getting in the routine of monitoring will help you have the best outcomes.

To learn more, click this link

[Monitoring and Medicines for Heart Failure \(healthwise.net\)](https://www.healthwise.net)

WHAT TO MONITOR

Regular follow-up with your doctor. How often will vary over the years, but changes in treatment will likely mean more frequently for awhile. For example, starting beta-blockers. These can initially make heart failure worse by lowering blood pressure and heart rate. While you adjust the doctor will monitor closely.

Keeping track of exercise tolerance & symptoms. How you tolerate exercise can help the doctor know if changes are needed in your medications.

Electrolytes. Several heart failure medications can affect important electrolytes and minerals in the blood. Your doctor will order bloodwork to measure and guide treatment.

Side effects of medicines. All medicines have side effects. It is important that you tell your doctor if you think you could be having a side effect.

Blood pressure & heart rate. These numbers are extremely important in determining how well your heart is responding to your medicines. Keep a record and share with your doctor.

Weight. Your weight is the easiest way to tell how much fluid you have in your body. Checking your weight daily & calling doctor with sudden changes, up or down, can keep you out of the hospital.

WHAT YOU NEED TO MONITOR

Heart Failure Medicine	Monitoring Needed
ACE inhibitors – end in pril Captopril, Enalapril, Lisinopril, Benazapril, Quinapril, Ramipril	Blood pressure Potassium level Kidney function
Beta-blockers – end in lol Carvedilol, Metoprolol, Bisoprolol	Blood pressure Heart rate Severity of heart failure symptoms Weight gain
Diuretics (water pill)– many end in ide Furosemide, Torsemide, Bumetanide, Hydrochlorothiazide, Metolazone	Weight Potassium level Magnesium level Calcium level Kidney function
Digoxin	Heart rate Digoxin level Potassium level
Angiotensin II receptor blockers (ARBs) -end in tan Valsartan, Losartan, Candesartan	Blood pressure Potassium level Kidney function
Vasodilators (hydralazine & nitrates)	Blood pressure

List of
common
meds.

You may
have
others
to
monitor.

Your
doctor
will
guide
you.

THE WATER PILL

CLICK HERE TO LEARN MORE

[DIURETICS: MAKING THEM EASIER TO TAKE \(HEALTHWISE.NET\)](https://www.healthwise.net)

Diuretics: Making Them Easier to Take



HEART FAILURE MEDICATION QUICK GUIDE

<p>Anticoagulants Warfarin Eliquis Pradaxa</p>	<p>Antiplatelet Aspirin Plavix Clopidogrel</p>	<p>ACE inhibitors Lisinopril Enalapril Benazepril</p>	<p>ARBs Losartan Valsartan Irbesartan</p>	<p>ARNIs Entresto (sacubitril/valsartan)</p>
<p>Purpose Decrease clotting, does not dissolve clots or thin blood.</p>	<p>Purpose Prevents blood platelets from sticking together to form clots</p>	<p>Purpose Expands blood vessels, heart doesn't have to work so hard, is more efficient</p>	<p>Purpose Keep pressure from rising. Alternative for patients who do not tolerate ACE inhibitors</p>	<p>Purpose Keep blood vessels open, decreases heart strain, reduces salt retention</p>
<p>Side Effects Easy bruising Harder to stop bleeding</p>	<p>Side Effects Easy bruising Harder to stop bleeding</p>	<p>Side Effects Dizziness Cough Low blood pressure, tiredness</p>	<p>Side Effects Dizziness Nasal congestion Weakness Back pain</p>	<p>Side Effects Cough Dizziness lightheadedness</p>

HEART FAILURE MEDICATION QUICK GUIDE

<p>Beta Blockers Atenolol Metoprolol propranolol</p>	<p>Alpha+Beta Blockers Carvedilol Labetalol/HTCZ</p>	<p>Calcium Channel Blockers Amlodipine Diltiazem Verapamil</p>	<p>Cholesterol Lowering Niacin Statins like Lipitor Inhibitors-Zetia Combo-Vytorin</p>	<p>SGLT2 Farxiga (Dapagliflozin)</p>
<p>Purpose Makes heart beat slower & with less force</p>	<p>Purpose Lowers blood pressure</p>	<p>Purpose Relax blood vessels, lower blood pressure</p>	<p>Purpose Keep cholesterol from blocking blood vessels</p>	<p>Purpose Shown to decrease hospitalization due to heart failure</p>
<p>Side Effects Dizziness Lightheadedness tiredness</p>	<p>Side Effects Weakness Dizziness Diarrhea Weight gain</p>	<p>Side Effects Dizziness Headache constipation</p>	<p>Side Effects Diarrhea Constipation Nausea Muscle pain</p>	<p>Side Effects Yeast infection Increase urination Lightheadedness dizziness</p>

HEART FAILURE MEDICATION QUICK GUIDE

<p>Digitalis Digoxin Lanoxin</p>	<p>Diuretics Furosemide HCTZ Bumetanide Spironactone Metalozone Torsemide</p>	<p>Vasodilators Isosorbide Hydralazine Nitroglycerin Minoxidil</p>
<p>Purpose Increase force of contraction</p>	<p>Purpose Remove excess fluid & salt by increasing urine output</p>	<p>Purpose Relaxes blood vessels, decreases blood pressure</p>
<p>Side Effects Dizziness Fainting Fast, slow or irregular heartbeat</p>	<p>Side Effects Dizziness Headache Thirst</p>	<p>Side Effects Rapid heartbeat Palpitations Edema/swelling Nausea Headache</p>

Always talk to your doctor or pharmacist about your specific medications' purposes & side effects.

NOW THAT YOU KNOW MORE ABOUT HEART FAILURE MEDICINES

Watch this video to learn how to easily organize the information so you can feel confident talking to your doctor & pharmacist.

Click the link to watch

[Managing Your Medicines \(healthwise.net\)](https://www.healthwise.net/Managing-Your-Medicines)

Managing Your Medicines



Managing Your Medicines (00:01:14)

Abnormal heart rhythm (arrhythmia)

Heart failure puts you at risk of having the electrical system in your heart that controls rhythm act up. This can cause your heart to beat too fast or too slow or with an irregular rhythm.

All of these are dangerous because they affect the flow of blood to the brain and other vital organs.

To learn more, click here

[Medicines to Prevent Abnormal Heart Rhythm in Heart Failure \(healthwise.net\)](#)

[Beta-Blockers: Helping Your Heart Relax \(healthwise.net\)](#)

Medicines for Arrhythmia

Aldosterone
receptor
antagonist

Beta-blockers

ACE
inhibitors
and ARBs

We know this can be a
lot to take in. Don't
worry.

Our Nurse &
Pharmacist are
here for you.

You are
not alone.

HOW TO TAKE MEDICINES PROPERLY



HOW TO TAKE MEDICINES PROPERLY



HOW TO TAKE MEDICINES PROPERLY



To learn more, click
here
[Heart Failure: Taking
Medicines Properly
\(healthwise.net\)](https://www.healthwise.net/heart-failure/taking-medicines-properly)

TAKING YOUR
MEDS PROPERLY IS
ONE OF THE MOST
IMPORTANT
THINGS YOU CAN
DO TO MANAGE
YOUR HEART
FAILURE.

HERE ARE TWO
SHORT VIDEOS TO
HELP YOU LEARN
MORE.

Click the link to watch

[Heart Failure: Medicines to Avoid
\(healthwise.net\)](https://www.healthwise.net/heart-failure/medicines-to-avoid)

Heart Failure: Medicines to Avoid



Click the link to watch

[Heart Failure: Taking Prescription and Over-the-Counter Medicines \(healthwise.net\)](https://www.healthwise.net/heart-failure/taking-prescription-and-over-the-counter-medicines)

Heart Failure: Taking Prescription and Over-the-Counter Medicines

Heart Failure:

**Taking Prescription
and Over-the-Counter
Medicines**



MAKE TAKING YOUR MEDICINES PART OF YOUR DAILY ACTION PLAN

- Monitoring your symptoms with a Daily Action Plan is the easiest way to know what to do based on your symptoms each day.
- This also lets you and your doctor know how you are responding to your medications.
- 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! This is where you want to be.	<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!
YELLOW ZONE BE CAREFUL! Pay Attention Check in with your Doctor.	<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:
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:

- ✓ It's normal to feel overwhelmed by your medications.
- ✓ Common medicines and monitoring needs.
- ✓ Purpose and side effects of common heart failure medicines.
- ✓ How to take your medication properly.
- ✓ What medicines to avoid & importance of telling doctor about everything you are taking.
- ✓ To use your Daily Action Plan as a med reminder and to monitor effectiveness of your medications.
- ✓ The Heart Failure Team Pharmacist and Nurse are here for you.

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.

