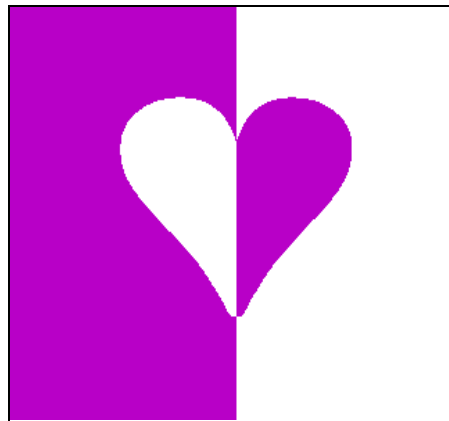


# HEART FAILURE

## A GUIDE TO SYMPTOM MANAGEMENT



Produced by the Heart Failure Rehabilitation Service, UHL NHS Trust  
Adapted for use with kind permission from  
The Leicestershire and Rutland Heart Failure Service

Symptom Guide 1

**HOW AM I FEELING?**

**My breathing is the same as usual**

**I have not gained any weight**

**My ankles and legs appear the same as normal**

**I am no more tired than usual**



**Your symptoms are under control**

**Continue as normal with your usual medication**

## **HOW AM I FEELING?**

**My breathing is worse than usual, especially when I am lying flat or I am waking during the night because of breathlessness.**

**I am not able to walk as far as usual**

**I have gained 2-3 lbs or 1-2 Kgs in weight over 2-3 days**

**My ankles are more swollen than usual**

**I am feeling unusually tired**



**Your symptoms may be getting worse**

**You could be entering a danger zone where your symptoms are becoming out of control**

**Contact your GP As Soon As Possible.**

**WHAT TO DO IN AN EMERGENCY.**

**You have become very unwell**

**You are very breathless at rest**

**You are unable to finish as sentence due to being breathless**

**You may or may not have chest pain**



**Your symptoms are now out of control**

**This is a medical alert / emergency**

**See help immediately**

**DIAL 999 FOR AN AMBULANCE**