



Congestive Heart Failure (CHF)

Heart failure means the heart is not pumping as effectively as the body needs. Monitoring symptoms and following your treatment plan can help identify worsening problems early.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Follow Your Care Plan

- Take heart medicines exactly as prescribed and keep follow-up appointments.
- Follow your sodium and fluid instructions. Do not change a prescribed fluid restriction without speaking with your healthcare provider.

Monitor at Home

- If instructed, weigh yourself at the same time each day, using the same scale and similar clothing, and record the result.
- Watch for increasing swelling in the feet, ankles, legs, or abdomen; increasing fatigue; cough; or worsening shortness of breath.
- Follow the weight-change thresholds provided by your own healthcare team, since your action plan may be individualized.

Get Help for Worsening Symptoms

- Contact your healthcare provider promptly for new or worsening swelling, breathing difficulty, rapid weight change outside your personal action plan, or reduced ability to do normal activities.
- Call 911 for severe trouble breathing, chest pain or pressure, fainting, blue/gray lips or skin, or other life-threatening symptoms.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.