Loss of

appetite

Call your care team or call emergency services

Increased trouble sleeping; cannot lie flat



Hospital treatment of acute heart failure

You should go to hospital if your heart failure symptoms suddenly become worse. There are many reasons why people with heart failure may need to go into hospital. Sometimes, people with heart failure go to hospital to have a new heart failure treatment. In other cases, the heart failure treatment is working well but an infection or another problem puts your body under stress and you require hospital treatment.

You need to be honest with yourself and your care team. For example, some people struggle to take tablets or follow lifestyle advice. If this is the case, do not worry, your care team will not judge you. They know how difficult living with heart failure can be. A hospital stay also offers the chance to look at underlying causes of your heart failure and review management goals.

After a hospital stay with heart failure, ideally you should see your care team within two weeks of leaving hospital. This allows the care team to check how well your treatment is working and reduce the risk of more hospital stays. If you do not get an appointment within two weeks after your hospital stay, be sure to contact your care team.

An action plan for people with heart failure based on symptoms



You need to be evaluated right away.

Shortness of

breath at rest

Increased discomfort or

swelling in the lower body

Frequent, dry

hacking cough

confusion, sadness or depression

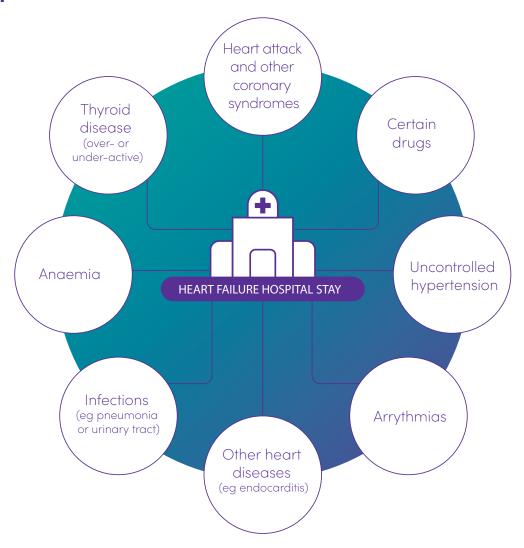
Sudden

weight gain

Checklist of factors and drugs that can trigger hospital treatment of heart failure

☐ Alcohol abuse	□ Not taking medicines as recommended
☐ Emotional stress	☐ Pregnancy
☐ Higher fluid intake	□ New medication, including
☐ Higher salt intake	over-the-counter and 'natural agents'

Examples of diseases and drugs that can trigger hospital treatment of heart failure



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