

# Questions

that people with heart failure and caregivers can ask their care team

## What is heart failure?

1. What caused my heart failure?
2. Is the cause of my heart failure well controlled? If not what else can we do?
3. Are other conditions (comorbidities) and risk factors well controlled? If not what else can we do?
4. What is my ejection fraction? What does this mean for me and my treatment?
5. What is my NYHA classification? What does this mean for me and my treatment?
6. What is my stage of heart failure? What does this mean for me and my treatment?

## How is heart failure diagnosed?

1. Which laboratory tests were abnormal? What does this mean for me and my treatment?
2. Is testing for BNP and NT-proBNP available in my country?
3. What is my natriuretic peptide number? What does this mean for me and my treatment?
4. What did my ECG show? What does this mean for me and my treatment?
5. What did my echocardiogram show? What does this mean for me and my treatment?
6. Do I need any other tests or scans? What would the results mean for me and my treatment?
7. Was my iron level checked? How often should I have my iron levels checked? Should I take an iron supplement?
8. How often will I need a follow-up appointments? Who should I contact if I have concerns in the meantime?

## How is heart failure treated with medicines?

1. Why is this medicine right for me now?
2. What does the medicine do? How does it work?
3. How do I know that treatment is working?
4. What are the 'rules' for stopping my medicine?
5. What are the most common side effects? What should caregivers look for?
6. Can I do anything to prevent or live with the side-effects?
7. When should I contact my care team about side effects?
8. Why does the medicine have a generic and brand name? Does it matter that the same generic drug sometimes looks different?
9. What do I do if I miss a dose?
10. What should I do if I take an extra dose by mistake?
11. Is this drug safe with my other medicines and any supplements?
12. What do I do with my medicine if I am feeling sick, have an infection, diarrhoea and so on?

