

# **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, diarhhoea and so on?

# How is heart failure treated with devices or surgery?

- 1. Why is this device or procedure the right treatment for me now?
- 2. What does the device or procedure do? How does it work?
- 3. How long will I take to recover?
- 4. How do I know that device or procedure is working?
- 5. What are the most common complications?
- 6. Will the device or procedure affect my day to day activity work, driving or exercise?
- 7. What should caregivers look for?
- 8. Can I do anything to stop or live with the complications?
- 9. When should I contact my care team about complications?

### Living with heart failure: what can I do to help myself?

- 1. How will a healthy lifestyle help with managing my condition?
- 2. Which symptoms do I need to check daily?
- 3. What level of physical activity is safe for me, given my condition?
- 4. What is a safe level of alcohol intake for me, living with heart failure?
- 5. Which vaccines do I need to receive and do any of these require regular boosters?
- 6. How regularly will I have follow-up appointments with my care team?
- 7. How should I manage disturbed sleep, which may be caused by my diuretics?
- 8. Is my condition likely to impact my work? How should I manage this?
- 9. What diet I should follow when living with heart failure?
- 10. How may my condition impact my sexual relations?
- 11. Is there a heart failure patient community? How I can connect with one?

Notes		
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