

# Hospital treatment of acute heart failure

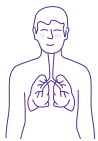
You should go to hospital if your heart failure symptoms suddenly become worse. There are many reasons why people with heart failure may need to go into hospital. Sometimes, people with heart failure go to hospital to have a new heart failure treatment. In other cases, the heart failure treatment is 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

### EXCELLENT · Keep up the good work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling, feet, ankles and legs look normal for you



Weight check stable  
Weight: \_\_\_\_\_



No chest pain

Great! Continue. • Daily Weight Check • Meds as Directed • Low-Sodium Eating • Follow-up visits

### PAY ATTENTION · Use caution!



Dry, hacking cough



Worsening shortness of breath with activity



Increased swelling of legs, ankles and feet



Sudden weight gain\*



Discomfort or swelling in the abdomen



Trouble sleeping

Check in! Your symptoms may indicate: • A need to contact your care team • A need for a change in medication

### MEDICAL ALERT · Warning!



Frequent, dry, hacking cough



Shortness of breath at rest



Increased discomfort or swelling in the lower body



Sudden weight gain\*



New or worsening dizziness, confusion, sadness or depression



Loss of appetite



Increased trouble sleeping; cannot lie flat

You need to be evaluated right away.



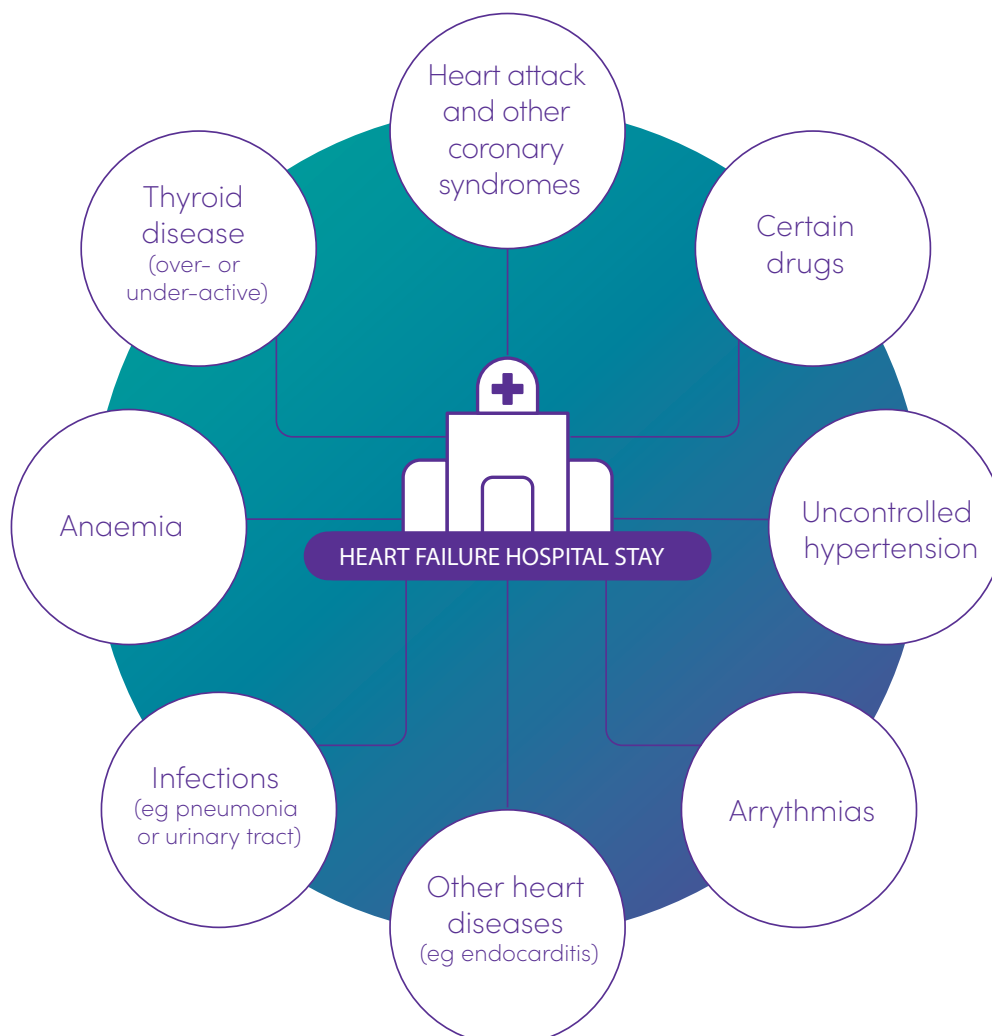
Call your care team or call emergency services

\*of more than 2-3lbs or 1kg in an 24 hours period (or 5lbs/2.5kg in a week)

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

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

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



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