



heart of melbourne

SPECIALIST HEART FAILURE CLINIC



LIVING WITH HEART FAILURE PATIENT DIARY

CONTACT US

P 1300 122 888
F 03 8080 0766
E contact@hom.com.au
W www.hom.com.au

LOCATIONS

FAWKNER
1348 Sydney Road
Fawkner VIC 3060

BORONIA
157 Scoresby Road
Boronia VIC 3155

GLEN WAVERLEY
Victorian Rehab Centre
499 Springvale Road
Glen Waverley 3150

Heart Failure Clinic Opening Hours

Monday - Friday	9:00am - 5:00pm
Weekends	Closed
Public Holidays	Closed

Heart Failure Clinical Team

Cardiologists

A/Prof M Asrar ul Haq
Dr Vivek Mutha
Prof Stephen Duffy
Dr Shareen Jaijee
Dr Kuhendra Balakrishna

Registered Nurse & Patient Counsellor

Rebecca Jackson
E rebecca.jackson@hom.com.au

MY DETAILS

Name:

Address:

Phone:

MY HEALTHCARE TEAM

Doctor Name:

Address:

Phone:

Cardiologist or Physician Name:

Address:

Phone:

Pharmacist Name:

Address:

Phone:

Nurse Name:

Address:

Phone:

Patient Counsellor Name:

Address:

Phone:

HOW TO MONITOR YOUR WEIGHT

This diary is to help you monitor your weight

Four steps to monitoring your weight

1. Go to the toilet after you wake up
2. Weigh yourself in the morning before breakfast
3. Write your weight down in this diary
4. If you have weight gain or loss, contact your Heart Failure Nurse at the Heart of Melbourne Specialist Heart Failure Clinic or make an appointment to see your GP

How do I know if I have too much fluid?

1. Your weight may go up quickly (2kg up to 1 week)
2. Your feet, ankles, legs, stomach or other parts of your body swell up
3. You may feel more breathless than usual
4. Get to know the signs within your own body when you are carrying extra fluid.
You can ask your Heart Failure Nurse about these.

Am I dehydrated?

1. Dizziness
2. Headaches
3. Low blood pressure
4. Nausea
5. Fatigue

CALL YOUR DOCTOR OR NURSE IF YOU HAVE ANY OF THESE SYMPTOMS

**Swelling in your feet, ankles, legs or stomach
Your shoes, socks or pants are tighter than usual**

Your weight has gone up or down by 2kg in 1 week

**You have developed a bad cough, especially at night
OR a new cough that won't go away**

**You are finding it more difficult to breathe
You can only walk _____
You have to sleep sitting up or on extra pillows**

You are dizzy or feel like fainting

Your heart is racing and won't slow down (palpitations)

**DIAL 000 TO CALL AN AMBULANCE IF YOU
ARE VERY UNWELL OR YOUR SYMPTOMS ARE
GETTING WORSE OVER A SHORT SPACE OF TIME.**

HOW DOES HEART FAILURE MAKE YOU FEEL?

Feeling sad

Feeling dizzy

Pain in chest

Difficult to breathe or shortness of breath

Loss of appetite

Nausea

Swollen legs or ankles



Feeling tired & not able to sleep

Heart pounding or beating fast

Coughing

Stomach bloating

Putting on weight quickly

HOW DOES HEART FAILURE HAPPEN?

1. The body detects that the heart isn't pumping as much blood as it should.

2. Hormones are released, causing the kidneys to retain salt and water.

7. The whole cycle worsens and the heart progressively weakens unless medical management and heart failure support is provided.

6. The heart is unable to cope with the extra fluid, and weakens further.



3. These hormones also cause blood vessels to become narrower, thus increasing blood pressure.

5. Poor pumping causes fluid to 'back-up' into the vessels around the body. This may cause swelling around the ankles and lungs, and weight gain.

4. The heart beats faster and stronger in an attempt to pump more blood around the body. The heart muscle gradually becomes enlarged, just like any muscle does when it works hard.

MY NOTES:

DIARY

Day and date	Weight (kg)	Symptoms	Have you taken your diuretic?	Comments
Monday /				
Tuesday /				
Wednesday /				
Thursday /				
Friday /				
Saturday /				
Sunday /				

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