Talk to your doctor

How do you make the most of your time with the doctor? Print out this form to help guide the discussion of heart failure (HF) at your next appointment and record the doctor’s comments. And always make sure the doctor knows how involved you want to be in your treatment.

1. Understand your HF

   How serious is my HF?
   ☐ Mild ☐ Moderate ☐ Severe

   In what ways does having HF increase my health risks?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

   What is the effect of HF on other conditions that I may have and will any of my other conditions have an effect on HF?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

   Would any of the following lifestyle changes help me to better manage HF?
   ☐ Managing my weight ☐ Eating better ☐ Quitting smoking

   Are there other changes that are important for me to make?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

2. Identify your HF needs

   Am I a candidate for HF cardiac rehabilitation?
   ☐ Yes ☐ No

   Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
3. Explore HF treatment

What are the most important things I can do to manage my HF?

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

What should I expect in the coming weeks, months, or years?

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

What kind of activity should I be doing?

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

Are any activities off limits for me right now? (List specific concerns, like exercise, sex, housework.)

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

Which treatment options should we be thinking about for managing my HF?

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

4. Discuss your HF symptoms

Check your symptoms from this list of those commonly associated with HF

<table>
<thead>
<tr>
<th>Symptom</th>
<th>New</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortness of breath with everyday activities</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Swelling in legs, feet, and ankles</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>A dry, hacking cough that doesn’t go away</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Feeling tired</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Trouble sleeping when you lie flat</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Rapid weight gain (3 or more pounds in a day)</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
Talk to your doctor (cont)

Which symptoms or problems should I let you know about between appointments?

________________________________________________________________________

5. Questions about medicine

Will I be taking medication for HF?
☐ Yes  ☐ No

What do we hope the medication will do for me?
________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What will be the likely result if I don’t take it?
________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Do you have other questions for your doctor? Write them here.
________________________________________________________________________

________________________________________________________________________

________________________________________________________________________