

UNIT NUMBER

PT. NAME

BIRTHDATE

LOCATION

DATE

## EDUCATION FOR A HEALTHY HEART

Here are some points to remember as you recover at home during the first few weeks.

### ACTIVITY

**Type of activity allowed:** light activity around the house as you were doing in the hospital; washing, dressing, walking on level ground outside.

- **Visiting with friends:** Good idea.
- **How to increase your walking endurance:** increase your distance first, speed later.
- **Be sure to make and attend all the appointments as reviewed with you and outlined on your "Discharge/Follow-up Summary"**
- **Slow down in very hot, cold, or muggy weather or during high air pollution periods.**  
 **Other:** \_\_\_\_\_
- **Driving:** Ask your doctor about driving; avoid driving under stressful conditions
- **Other:** \_\_\_\_\_

### Avoid, decrease or stop activity if you develop:

- Fatigue
- Shortness of breath
- Chest pain
- Dizziness or light-headedness
- Palpitations (the feeling of fast or "funny" heart beats)
- Excessive perspiration

### RESPIRATION / BREATHING

- Keep your exercise at a level where you can carry on a conversation. If you are too short of breath to talk, slow down.
- Counseling received regarding smoking cessation program.
- For Smoking Cessation Help call "The California Smoker's Helpline" at 1-800-NO-BUTTS or the UCSF Tobacco Education Center (TEC) at 415-885-7895 for a counseling program.

### DIET

- Low fat, low cholesterol
- Low salt (low sodium), don't use the salt shaker.
- **Do not** use salt substitutes unless your doctor says it is okay for you.
- Read food labels and avoid processed foods (especially those high in sodium).

### FLUIDS AND WEIGHT MONITORING

- Monitor and record daily weight. Bring your weight log with you to your next follow-up appointment.
- Limit your daily fluid intake to \_\_\_\_\_ or the amount recommended by your physician.

### MEDICATIONS

- See the list and medication schedule given to you by the pharmacist or nurse and follow the instructions.

### PROBLEMS

#### GO TO THE EMERGENCY ROOM, OR CALL 911 IMMEDIATELY FOR:

- Severe chest pain or tightness not relieved by nitroglycerin
- Fainting
- Extreme shortness of breath at rest
- Other: \_\_\_\_\_

**Notify your physician for:**

- New chest pain or change in your pattern of chest pain
- Shortness of breath with less activity than usual or at rest
- Palpations / feeling of pounding in the chest or fast “funny” heart beats
- Dizziness or light-headedness, especially with nausea or vomiting
- Weight gain of more than 2-3 pounds in 2-3 days
- Persistent fatigue
- Increased abdominal girth or increased leg swelling

Other: \_\_\_\_\_

***OTHER INSTRUCTIONS***

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\_\_\_\_\_

I understand the above instructions and have received a copy of them.  Interpreter used

Patient / Family: \_\_\_\_\_ RN: \_\_\_\_\_

Date / Time: \_\_\_\_\_