

Heart Failure

Personal Diary



This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 273021.

Please bring this diary with you to all your appointments with the Heart Failure Team.

Personal Details

Name

Address
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Hospital / NHS Number

Heart Failure Team Contact Details

Direct Line: 01270 273021
Available Monday to Friday 8.30am - 4.30pm (excluding bank holidays). Outside of these hours, or in an emergency, please contact your GP, GP Out of Hours or telephone 999.

Cardiologist

Treatment Plan

Diagnosis

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Cause, if known

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*ECG..... *HR..... Rhythm.....

QRS duration

Echo date.....

Echo results

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1st review date.....

Plan.....

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Next appointment

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*ECG = Electrocardiogram *HR = Heart Rate

Treatment Plan

Review date

Plan

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Next appointment.....

Review date

Plan

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Next appointment.....

Review date

Plan

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If safe to do so remember to weigh yourself each day; first thing in a morning before breakfast and after passing urine.

[illegible]

Blood Pressure Readings

To help us manage your medication, the Heart Failure Team may ask you to monitor your blood pressure at home. If you have been advised to do these, please record the results below.

Date	Time	Blood pressure	Heart rate	Comments e.g. felt unwell. Felt dizzy.

Questions

We encourage you as a patient to be involved in all your care planning.

You may wish to use this page to make a note of any questions you would like to ask at your next heart failure review.

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Symptom Tracker

**Continue to
monitor
your
symptoms**



Your weight is stable



You have no new or increased swelling in your feet, ankles, legs or tummy



Your breathing pattern is the same as it normally is



You have no chest pain

**Call your
Heart
Failure
Team, GP or
111**



You have noticed an increase in weight (e.g. weight rises by two to three pounds (0.90kg – 1.36kg) within two to three days consecutively



You have noticed your feet, ankles, legs or tummy are more swollen than normal



You are more breathless than usual



You are having to use extra pillows in bed, or waking from your sleep due to your breathing

**Visit your
local A&E or
call 999**



You have ongoing pain to your chest, jaw or left arm that is lasting more than 15 minutes despite using your glyceryl trinitrate (GTN)



You are short of breath to the point where you are unable to hold a conversation whilst sat down



If you are suddenly confused

