

# Heart Failure Handbook

3rd edition (English version)



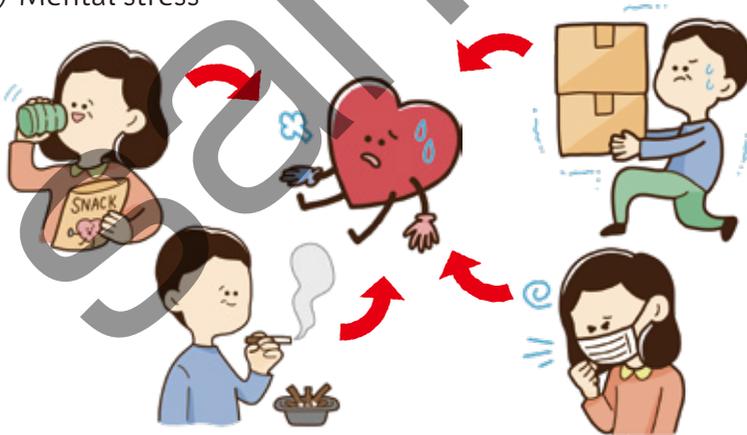
Please bring this handbook when you visit your clinic.

# Causes of worsening heart failure

There are various causes of heart failure. However, patients with heart failure can prevent worsening by **taking care on their own** as below.

## **Watch out!** **Lifestyle habits that worsen heart failure**

- (1) Excessive consumption of salt and water
- (2) Smoking and/or drinking too much alcohol
- (3) Forgetting to administer the medicine  
(not taking medications as prescribed)
- (4) Excessive activity that puts a strain on the heart (overwork)
- (5) Stopping regular hospital visits
- (6) Not taking action to prevent infections  
(such as common cold, influenza, and pneumonia)
- (7) Mental stress



Basic actions to prevent worsening heart failure include review of your lifestyle habits and daily management of your physical condition, for example, paying attention to how much salt you consume in meals, seeing your doctor regularly, and taking prescribed medicines as instructed.

# Exercises for individuals with heart failure

## Exercise program steps

- 1 Measurement of blood pressure and pulse rate**  
Measure these parameters and ensure that they are the same as usual.
- 2 Warming-up**  
Sit in a chair and perform warm-ups for your hands and legs.

Move your calves up and down.



Extend your needs.



Bring your thighs up.



Stretch and bend your upper body side-to-side.



- 3 Aerobic exercise, muscle strength training, etc.**  
Exercise in a way that you feel suits yourself.



- 4 Cooling down**  
Cool down after exercise by breathing deeply and doing some stretches.
- 5 Measurement of blood pressure and pulse rate**  
After the exercise, measure your blood pressure and pulse rate again.



# Daily record Please follow the example below to keep your daily record.

| 2022 Year  |                                  | Sunday                              | Monday                              | Tuesday                             | Wednesday                           | Thursday                            | Friday                              | Saturday                            | Sunday                              | Monday                              | Tuesday                             | Wednesday                           | Thursday                            | Friday                              | Saturday                            |
|--|----------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Month/Day  |                                  | 6 / 5                               | 6 / 6                               | 6 / 7                               | 6 / 8                               | 6 / 9                               | 6 / 10                              | 6 / 11                              | 6 / 12                              | 6 / 13                              | 6 / 14                              | 6 / 15                              | 6 / 16                              | 6 / 17                              | 6 / 18                              |
| Weight (kg)  |                                  | 59.0                                | 59.0                                | 58.8                                | 58.6                                | 58.5                                | 58.8                                | 58.8                                | 57.9                                | 57.8                                | 57.5                                | 57.8                                | 57.6                                | 57.7                                | 58.0                                |
| Blood pressure (mmHg)                                  | Morning (pulse rate/minute)      | 110/72<br>( 68 )                    | 112/80<br>( 72 )                    | 119/79<br>( 78 )                    | 105/69<br>( 62 )                    | 123/83<br>( 66 )                    | 110/70<br>( 69 )                    | 118/72<br>( 79 )                    | 111/71<br>( 73 )                    | 120/85<br>( 82 )                    | 115/72<br>( 65 )                    | 122/88<br>( 63 )                    | 108/80<br>( 70 )                    | 113/75<br>( 68 )                    | 120/80<br>( 66 )                    |
|  | Before sleep (pulse rate/minute) | 111/71<br>( 66 )                    | 120/85<br>( 68 )                    | 108/69<br>( 70 )                    | 105/72<br>( 63 )                    | 110/72<br>( 65 )                    | 108/69<br>( 82 )                    | 105/80<br>( 73 )                    | 111/70<br>( 79 )                    | 113/75<br>( 69 )                    | 110/70<br>( 66 )                    | 120/80<br>( 62 )                    | 105/69<br>( 78 )                    | 115/72<br>( 72 )                    | 111/71<br>( 68 )                    |
| Subjective symptoms                                    | Shortness of breath              | Yes/No                              |
|  | Swelling                         | Yes/No                              |
|  | Getting tired easily             | Yes/No                              |
|  | Appetite loss                    | Yes/No                              |
|  | Insomnia                         | Yes/No                              |
| Exercise (indicate with ○ or ×)                        |                                  | ○                                   | ×                                   | ○                                   | ○                                   | ×                                   | ×                                   | ○                                   | ○                                   | ○                                   | ○                                   | ×                                   | ○                                   | ○                                   | ○                                   |
| Check the box when you take the medicine as prescribed | Morning                          | <input checked="" type="checkbox"/> |
|  | Noon                             | <input checked="" type="checkbox"/> |
|  | Evening                          | <input checked="" type="checkbox"/> |

## Notes

Overview of heart failure

Preventing worsening heart failure

Tests and treatments for heart failure

Cardiac rehabilitation

Better lifestyle choices

Community-based collaboration/ Notebook for collaborating healthcare professionals

Daily recording