

An everyday guide to living with heart failure: Personal record



Contact details

Your details

Name

Date of birth

Phone

Hospital details

Hospital consultant

Patient's hospital number

Heart failure nurse

Heart failure nurse's phone number

Other contacts

GP details

GP

Phone

Address

Out of hours GP service

If this record is found, please return it to the GP surgery

How to use this record

This personal record comes together with *An everyday guide to living with heart failure*. It is designed to help you keep all the important notes about your heart failure symptoms, medication and treatment, in one place. It will help both you and your different health professionals to keep track of your progress more easily.

Bring this record, together with any echocardiogram or ECG reports you may have, to all your appointments at the hospital and the GP surgery, and to your heart failure clinic.

The information recorded here should remain confidential to you and all your health professionals.

Note to health professionals: This record documents the patient's health status with regard to their heart failure and is not a substitute for the patient's medical notes.

An everyday guide to living with heart failure: Personal record has been adapted from the Patient Held Record developed by

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Daily fluid record

For information about managing your fluid balance and how to record your daily fluids, please read pages 42-46 of *An everyday guide to living with heart failure*.

Day/date	Fluid in drinks	Fluid in food	Total fluid for the day	Day/date	Fluid in drinks	Fluid in food	Total fluid for the day
Monday Date				Monday Date			
Tuesday Date				Tuesday Date			
Wednesday Date				Wednesday Date			
Thursday Date				Thursday Date			
Friday Date				Friday Date			
Saturday Date				Saturday Date			
Sunday Date				Sunday Date			

Daily fluid record

Day/date	Fluid in drinks	Fluid in food	Total fluid for the day	Day/date	Fluid in drinks	Fluid in food	Total fluid for the day
Monday Date				Monday Date			
Tuesday Date				Tuesday Date			
Wednesday Date				Wednesday Date			
Thursday Date				Thursday Date			
Friday Date				Friday Date			
Saturday Date				Saturday Date			
Sunday Date				Sunday Date			

List of abbreviations/medical terms

Your health professionals may use some of these terms when making notes about your progress.

Term	Explanation	Term	Explanation
BP	Blood pressure	HR	Heart rate
CABG	Coronary artery bypass graft	JVP	Jugular venous pressure (measurement of fluid overload)
DCM	Dilated cardiomyopathy	LV	Left ventricle – this is the main pumping chamber of the heart
ECG	Electrocardiogram – a ‘heart tracing’	MI	Myocardial infarction = heart attack
ECHO	Echocardiogram – an ultrasound scan of the heart	NYHA	New York Heart Association score, used for measuring degree of heart failure symptoms <ol style="list-style-type: none"> 1 No symptoms 2 Symptoms on moderate exertion 3 Symptoms on mild exertion 4 Symptoms at rest
ET	Exercise tolerance <ol style="list-style-type: none"> 1 Good. No limitations. Can manage more than 1 mile. Takes regular exercise 2 Fair. Can manage up to ½ mile on the flat. Walking up inclines causes SOB 3 Moderate. Limited to 100 yards at best. Washing and dressing causes SOB 4 Poor. SOB at rest 	Oedema	Swelling / water retention in the tissues. Can occur in the feet, ankles, lower limbs and abdomen <ol style="list-style-type: none"> 1 None 2 Mild (resolves after rest) 3 Moderate (eg, mid calf / below knee) 4 Above knee 5 Thigh / sacral / abdomen
Fatigue	<ol style="list-style-type: none"> 0 None 1 After moderate physical effort, eg, walking down the corridor or showering 2 After mild exertion, eg, washing and dressing 3 After minimal exertion, eg, standing from the chair, pottering around the room 4 At rest 	PND	Paroxysmal nocturnal dyspnoea – sudden waking in the night due to SOB
		SOB	Shortness of breath



bhf.org.uk

 **Heart Helpline**
0300 330 3311
bhf.org.uk

Information & support on anything heart-related
Phone lines open 9am to 5pm Monday to Friday
Similar cost to 01 or 02 numbers

British Heart Foundation
Greater London House
180 Hampstead Road
London NW1 7AW
T 020 7554 0000
F 020 7554 0100