

## STEPS TO HELP REDUCE SYMPTOMS

▶ Weigh yourself daily before breakfast and compare to your goal weight



▶ Limit fluid intake to 6 to 8 cups per day



▶ Avoid high salt foods



▶ Don't add extra salt to your food

▶ Take your medications as prescribed



▶ Try to get a little exercise each day

▶ Avoid alcohol and smoking



## AWARD-WINNING PROGRAM

The Provincial Health Contact Centre's Heart Failure Program has been active since 2005 and has received numerous awards for its success. Clients who have participated in the program express a high level of satisfaction, an improvement in their quality of life and ability to be active and healthy.



The Heart Failure's Program team (left to right): Linda Coote, Manager, and nurses Muriel Tweed and Jeanne Saj display the coveted Delivery System Design Award from the Global Perspectives on Chronic Disease: Prevention and Management Conference.



### HEART FAILURE PROGRAM

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[www.misericordia.mb.ca](http://www.misericordia.mb.ca)

## Heart Failure Program



## WHAT IS HEART FAILURE?

Heart Failure (HF) is a condition which usually happens over a period of time.

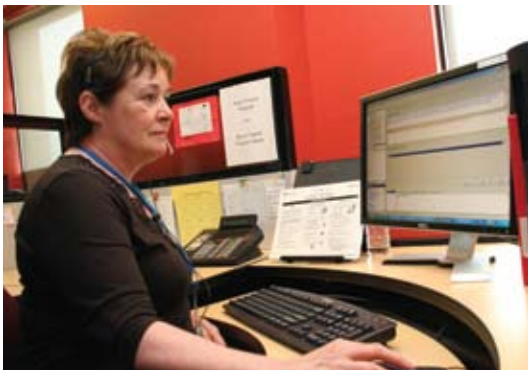
With HF, the heart muscle is weakened and does not pump well.

This can result in poor blood circulation to tissues and organs of the body. Also, blood can “back up” causing symptoms such as:

- ▶ Fatigue
- ▶ Shortness of breath
- ▶ Swelling of hands and lower legs
- ▶ Sensation of bloating
- ▶ Irregular heart beat
- ▶ Waking at night with sudden shortness of breath
- ▶ Trouble breathing when lying flat



Nurses are available 24/7 to respond to any heart failure questions you may have



*Do you know how managing your weight can help you stay healthy?*

*Do you have any questions about your heart condition?*

The Provincial Health Contact Centre’s Heart Failure Program is open to anyone with congestive heart failure who would like to learn to manage his or her illness. This program will provide education on all aspects of heart failure including what it is, your diet, exercise, medications, and emotional health. This is all provided to you in the comfort of your own home.

## HOW IT WORKS

The Heart Failure Program nurses will contact you by phone according to a pre-determined schedule planned just for you. These phone calls will assess your health, monitor any symptoms or problems you may be having, and provide you with the tools needed to manage your own health. The goal of these telephone conversations is to have the nurses and patients work together, so all patients can learn to become more involved, independent and confident in their daily care.

Nurses are also available 24/7 to respond to any concerns you may be having or to answer any questions you may have. Nursing staff will communicate with your physician on a regular basis to advise them of any problems or concerns so that symptoms can be treated early before hospital admission or an emergency room visit becomes necessary.

## WHAT OUR PATIENTS SAY

*“Life has become so much more simple since I started your program. I understand more about medications and I am motivated to increase my activity. It has calmed me down and allowed me to achieve some goals.”*

*“Excellent program because it keeps me more in touch with my health. I weigh myself every morning and take my own blood pressure. It keeps me more alert. I try to stay away from certain foods and get more exercise.”*



**To enroll in this program, please call 788-8688 or toll-free at 1-866-204-3737 Monday to Friday from 8 a.m. to 5 p.m.**