

Heart Failure Patient Education Tracking Checklist

Topic	Taught by	Date	Understood ✓	Additional questions/needs
How the heart works				
What is CHF				
• causes				
• triggers				
• symptoms				
Symptoms of heart disease				
• angina				
• heart attack				
• arrhythmia				
Lifestyle changes/Risk factors in HF				
• low salt diet				
• potassium replacement				
• exercise/activity				
• smoking cessation				
• hypertension Rx				
• diabetes Rx				
• cholesterolRx				
• depression Rx				
• inactivity				
• obesity				
• stress				
Exercise Rx				
• HR target				
• frequency/duration				
• type				
Cardiac tests				
• echo/Doppler				

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• TEE				
• Stress testing				
• Holtermonitor				
• Stress nuclear testing				
• Gated nuclear angiogram				
• cardiac catheterization				
• angioplasty				
• bypass surgery				
Medications Rx				
• digoxin				
• diuretics				
• ACE inhibitor				
• ARB's				
• nitrate/hydralazine				
• beta blocker				
• calcium channel blocker				
• nitroglycerin				
• anti-arrhythmics				
• aspirin				
• Plavix				
• anti-coagulants				
HF self monitoring				
• Do's & Don'ts				
• symptoms				
• weight				
• edema				
• Hr				
• Diuretic adjustment				
• Beta blocker adjustment				
• ACE/ARB targets				