



MY APPOINTMENT DIARY

Managing your Heart Failure

YOUR APPOINTMENT DIARY

How are you feeling today?



Feeling okay today - no change from last time.



I'm not sure, maybe it's just one of those days.



I don't feel like things are going as well as last time.

Where are you in New York?

NYHA Class

Symptoms

NYHA Class 1

No limitation of physical activity. Ordinary physical activity does not cause undue tiredness, palpitations, or shortness of breath.

NYHA Class 2

Slight limitation of physical activity. Comfortable at rest, but ordinary physical activity results in tiredness, palpitations, or shortness of breath.

NYHA Class 3

Marked limitation of physical activity. Comfortable at rest, but less than ordinary activity causes tiredness, palpitations or shortness of breath.

NYHA Class 4

Unable to carry out any physical activity without discomfort and tired and short of breath even at rest. If any physical activity is undertaken, discomfort increases.

Discussion points

What do you feel are the priorities of your appointment? Write them down so you can discuss them with your healthcare professional. Make sure you set your next appointment and write it in your diary.

DATE:

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HOW ARE YOU FEELING?



Red

Amber

Green

NYHA 1

NYHA 3

NYHA 2

NYHA 4

DISCUSSION POINTS

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YOUR NEXT APPOINTMENT

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AT:

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NYHA 1

NYHA 3

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Contact Pumping Marvellous



0800 9 788133



@pumpinghearts



www.pumpingmarvellous.org



heartfailureaware (open)



hearts@pumpingmarvellous.org



helpforhearts (closed support group)