

My Marvellous Check Up & Me



Our patient community tell us that they experience a variety of challenges when they are going to see their health teams, ranging from anticipation, apprehension, or seeking answers or reassurance. When the day comes, the check-up means so much, it's easy to lose track of everything you want to discuss. So here is your marvellous check-up list to help you on your way.

Since you last saw your health professional, how have you been getting on?

How has your breathing been?

Better Stayed the same Worse

How has your breathing been at night?

Better Stayed the same Worse

Have you been able to do your normal activities? (Walking, climbing stairs, household chores)

Increased Stayed the same Worse

How has the swelling been? (Feet, legs, tummy)

Had none Stayed the same Worse

How has your weight been?

Gone down Stayed the same Going up

Have you been experiencing any dizziness, palpitations or feeling faint?

None Stayed the same Worse

Our patient community also tell us that it's good to think of the topics you want to discuss on the day, you can jot down your top three topics below.

1

2

3

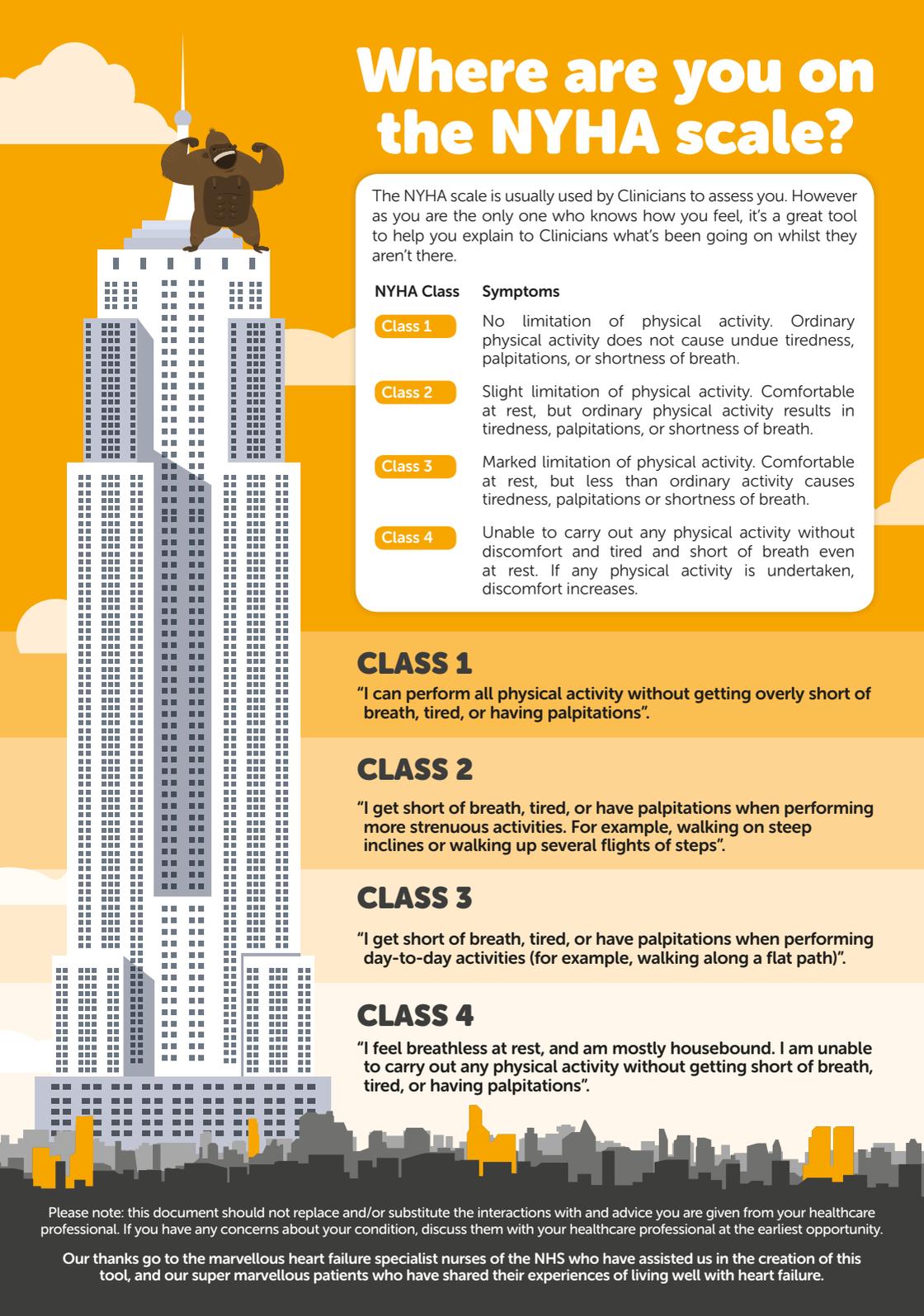
You may appreciate our Marvellous Symptom Checker - check it out! This marvellous tool helps you to check out your symptoms and advises what to do if you feel you are getting into trouble. Overleaf you will also find the New York Heart Scale which can also act as a gauge of how you are going on with your heart failure, tick the box to say where you think you are in New York!

1 2 3 4



Now take this to your consultation and if you wish hand it to your Doctor or Nurse to discuss.





Where are you on the NYHA scale?

The NYHA scale is usually used by Clinicians to assess you. However as you are the only one who knows how you feel, it's a great tool to help you explain to Clinicians what's been going on whilst they aren't there.

NYHA Class Symptoms

Class 1

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

Class 2

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

Class 3

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

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.

CLASS 1

"I can perform all physical activity without getting overly short of breath, tired, or having palpitations".

CLASS 2

"I get short of breath, tired, or have palpitations when performing more strenuous activities. For example, walking on steep inclines or walking up several flights of steps".

CLASS 3

"I get short of breath, tired, or have palpitations when performing day-to-day activities (for example, walking along a flat path)".

CLASS 4

"I feel breathless at rest, and am mostly housebound. I am unable to carry out any physical activity without getting short of breath, tired, or having palpitations".

Please note: this document should not replace and/or substitute the interactions with and advice you are given from your healthcare professional. If you have any concerns about your condition, discuss them with your healthcare professional at the earliest opportunity.

Our thanks go to the marvellous heart failure specialist nurses of the NHS who have assisted us in the creation of this tool, and our super marvellous patients who have shared their experiences of living well with heart failure.