

# WHAT TO DO - PATIENT SYMPTOM MANAGEMENT CHECKER

- People living with heart failure are particularly vulnerable to COVID-19.
- Physical distancing/isolation is advised by Public Health England for the over 70s and those in the vulnerable group. If you have heart failure you are considered vulnerable.
- It is important to reduce the significant risk to you by minimising face to face interaction with hospitals, GPs and other health care professionals. We will find an appropriate way of reviewing you either by phone, video calling - do not attend clinic unless specifically instructed.
- Please take care of your general well-being by eating and drinking well, exercising as you would usually within your home and taking your prescribed medication.

Please see the advice below on how to manage your condition.

The telephone numbers below are available should you need to speak to an NHS representative.

**1** - Your Heart Failure Specialist Nurse Team - If you don't know the number go to [www.justheartfailure.org](http://www.justheartfailure.org) to find your team

**2** - 111

**3** - Your GP surgery or out of hours GP service

For information go to:

**Living in England** - <https://www.gov.uk/coronavirus>

**Living in Scotland** - <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

**Living in Wales** - <https://gov.wales/coronavirus>

**Living in Northern Ireland** - <https://www.northernireland.gov.uk>

The earlier you make contact with the NHS with deteriorating symptoms, the quicker you can get advice to potentially prevent an admission to hospital.

**IF YOUR MEDICATIONS ARE CHANGED YOU MUST CONTACT YOUR HEART FAILURE SERVICE.**

**Your heart failure service contact number:.....**

## Green – Monitor your symptoms

- No changes in your breathing
- No changes in leg swelling
- Weight stable
- You are as active as usual

**Continue to weigh daily, take medications as prescribed, make sure you keep your telephone appointments. Do not attend in person at GP/Hospital or clinic for your own safety unless your team request this.**

## Amber – Contact your heart failure nurse or GP for advice if symptoms persist

**IT IS IMPORTANT TO SEEK HELP TO AVOID DETERIORATION AND POSSIBLE ADMISSION TO HOSPITAL WHERE RISK OF COVID-19 IS GREATER!**

- Breathing is more difficult than usual and worsens on lying down/wakes you in night
- Legs increasingly swollen
- Weight has increased 4lbs/2kg over 2-3 days
- Your medication has been changed and your heart failure team are not aware

**Continue to weigh daily, take prescribed medications, follow advice given from Heart Failure Specialist team regards altering medications and ensure you have any requested bloods tests.**

## Red – Contact your Heart Failure Specialist Nurse/GP/111 – dial 999 with severe symptoms

- New onset chest pain – not relieved by GTN
- Persistent rapid heart racing/palpitation
- Difficulty breathing whilst resting
- Severe leg/abdominal swelling
- You have had a blackout

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**Help us make heart failure clearer for everyone**  
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