



**YOUR HEART
FAILURE AT
HOME PACK**

**HOW MUCH
DO YOU WANT
TO KNOW?**

www.pumpingmarvellous.org

**Pumping
Marvellous**
The heart failure charity

B.E.A.T
HEART FAILURE

B.E.A.T

HEART FAILURE TOGETHER

**YOU ARE
NOT ALONE**



- ♥ Over 1 million people have Heart Failure in the UK
- ♥ 200,000 people are diagnosed every year with Heart Failure in the UK*
- ♥ It is generally believed that of the people diagnosed with Heart Failure:
 - 50% have Heart Failure with reduced Ejection Fraction (HFrEF and HFmrEF)†
 - 50% have Heart Failure with preserved Ejection Fraction (HFpEF)†
- ♥ On average, a GP Surgery looks after 30 patients with Heart Failure.♦

SO YOU ARE NOT ALONE

References

* www.bhf.org.uk/-/media/files/for-professionals/research/heart-statistics/bhf-cvd-statistics-uk-factsheet.pdf
Last accessed December 2023

†♦ <https://cks.nice.org.uk/topics/heart-failure-chronic/background-information/prevalence/>

**HOW MUCH
DO YOU WANT
TO KNOW?**

Over 1 million people in the UK have a diagnosis of Heart Failure. By educating themselves and actively managing their Heart Failure, many people can find a way to live well with their Heart Failure. In this Heart Failure at Home Pack, you can find out how you too, can live well with Heart Failure.

Leaving hospital and being given a diagnosis can be daunting, especially with a condition like Heart Failure. There is a lot of information to take in and lots of new terms to learn at a time when your head is full — but don't worry, we've put together a pack to help you manage your Heart Failure and live well.



**JOIN THE
PUMPING MARVELLOUS
COMMUNITY ON FACEBOOK**

YOUR HEALTHCARE TEAM MAY INCLUDE

Cardiologist



Your GP Surgery Team may include:

- GP
- Practice Nurse
- Pharmacist



You and your next of kin



Community Services may include:



- Advanced Nurse Practitioner
- Advanced Care Practitioner
- Physician Associate
- Heart Failure Specialist Pharmacist
- Cardiac Rehabilitation
- Palliative Care
- Psychologist
- Other Specialist Services

Heart Failure Specialist Nurse



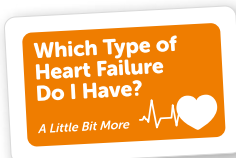
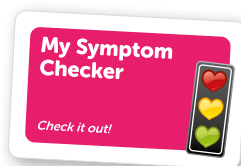
What is Heart Failure?

Don't panic – this is a historic term that covers everyone whose heart is not as efficient as we would want it to be.

What's in My Heart Failure at Home Pack?

Your Heart Failure at Home Pack includes the following pull-out resources:

- **The Basics** – a simple guide to managing your symptoms, including a Symptom Checker, so you know when and how to seek help.
- **A Little Bit More** – information about the type and possible causes of your Heart Failure.
- **A Lot More** – learn more about the potential treatments for your type of Heart Failure and why they are important.
- **Everything** – the art of self-managing your condition and living well with Heart Failure.



You can choose when, and in how much detail, you wish to learn. We **highly recommend** you start with **The Basics** (a simple guide to managing your symptoms) pull-out. When you are ready to learn more about your condition, you can move on to read our other pull-out resources: **A Little Bit More**, **A Lot More**, and finally, **Everything**.

The contents of this Heart Failure at Home Pack can help yourself live well with Heart Failure.

Important Information – 'Getting Your Ducks in a Row'



It is important that your GP Surgery knows about your Heart Failure diagnosis, as they are ultimately responsible for your overall care and treatments. They need to know which type of Heart Failure you have.

When you leave hospital, it might be a good idea to make your GP Surgery aware you have a diagnosis of Heart Failure and that they should expect communication from the hospital.

It is important that your GP knows the following information:

What do we know about you?

You have a weak heart called **Heart Failure with reduced Ejection Fraction (HFrEF)**



You have **Heart Failure with mildly reduced, or mid-range, Ejection Fraction (HFmrEF)**



You have a stiff heart called **Heart Failure with preserved Ejection Fraction (HFpEF)**



Your **SNOMED*** code is

**A SNOMED code is how your condition is coded in the NHS system, ensuring you receive the right care and treatment.*

My Numbers

Knowing your specific numbers is important. Many aspects of managing your Heart Failure may depend on these numbers, including access to certain types of specialised care and treatments, such as Heart Failure Nurses and Cardiac Rehabilitation.

Below, you will find some key numbers to keep track of upon leaving hospital.

This section should be filled out upon discharge by the team looking after you.

Heart Rate – *how many times your heart beats in 1 minute.*

Blood Pressure – *the force with which your blood flows through your arteries.*

Weight – *it is important to record this because this can show if you are retaining fluid.*

NT-proBNP – *a blood test that helps to assess your Heart Failure.*

Ejection Fraction (EF) – *the percentage of blood pumped out of the left ventricle (heart chamber that pumps blood around your body).*

It is also important to note if you have had the following device fitted:

Implantable Cardiac Defibrillator (ICD) ☐ YES ☐ NO

Cardiac Resynchronisation Therapy (CRT) ☐ YES ☐ NO

Cardiac Resynchronisation Therapy with Defibrillator ☐ YES ☐ NO

While being diagnosed with Heart Failure can be worrying, it is important to have clarity of what is going to happen next.

Make sure you understand who your next appointment is with and communicate any concerns or questions you have.



Turn over the page to make a note of your appointment details.



My Next Appointment with the Heart Failure Team will be:

With

Place

Time

Date

It will be: In person ☐ Telephone ☐ Video ☐

Are there any concerns your team need to be aware of?

Are there any questions you would like to ask at the present time?

What Do I Need to Know and Do Next?



1. Make sure the hospital team know anything that may prevent you from getting the best care.
2. Tell your GP Surgery you have been diagnosed with Heart Failure.
3. Your GP Surgery will then add you to their Heart Failure register using the SNOMED code provided in the previous section.
4. Make sure you have made a note of the contact details (phone numbers) of your healthcare team, including your GP Surgery team, community Heart Failure team, and hospital Heart Failure team. You can fill out these details on the next page.



My Team

Your Carer's Name:

Your Carer's Telephone Number:

Your GP's Name:

Your GP's Telephone Number:

Your Cardiologist's Name:

Your Cardiologist's

Telephone Number:

Your Heart Failure Nurse's Name:

Your Heart Failure Nurse's

Telephone Number:

Your Practice Nurse's Name:

Your Practice Nurse's

Telephone Number:

Your Pharmacy's Name:

Your Pharmacy's Telephone Number:

Other Team Details

Important Pumping Marvellous Contacts



- ✓ Website - www.pumpingmarvellous.org
- ✓ Email - hearts@pumpingmarvellous.org
- ✓ Office Tel - 01772 796542
- ✓ Twitter (X) - @pumpinghearts
- ✓ Facebook Support Community - Search 'Help for Hearts'
- ✓ YouTube - Search 'Pumping Marvellous'

The Wonders of Social Media

At Pumping Marvellous, we know how important it is for patients to get support from other people who have Heart Failure, to share experiences, knowledge, feelings and emotions, and the negatives and positives of Heart Failure (and yes, there are positives). People find successes in Heart Failure as they learn to manage the challenges of Heart Failure. Pumping Marvellous has looked at using new and exciting ways of providing patient to patient support. Why don't you give some of them a try?! Search "help for hearts" on Facebook, or search 'Pumping Marvellous' on YouTube as well as the Pumping Marvellous website. In everything we do, you will find support to help you manage your Heart Failure better.

The team of patients and healthcare professionals wish you all the best in managing your Heart Failure.

How to Help Yourself

Access Pumping Marvellous the Heart Failure charity for further help about:

- Information to help you
- Resources to help you
- Support from a patient community with members like you



Search Pumping Marvellous on Google or visit our website by scanning this QR code with your device:



To join our community, visit Facebook and search for 'Help for Hearts' or scan this QR code with your device:



**WE'RE HERE
TO HELP WITH
UNDERSTANDING
YOUR HEART FAILURE
DIAGNOSIS**



CONTACT PUMPING MARVELLOUS



☎ 01772 796542

🌐 www.pumpingmarvellous.org

✉ hearts@pumpingmarvellous.org

▶ Search 'Pumping Marvellous'

✕ @pumpinghearts

f Search 'Pumping Marvellous Foundation' for our page

f Search 'Help for Hearts' for our support community group

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HEART FAILURE

**HELP US TO HELP PEOPLE
LIVE WELL WITH HEART
FAILURE. DONATE HERE.**



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Let's #BeatHF Together

BREATHLESS **E**XHAUSTION **A**NKLE SWELLING
TIME TO TELL YOUR DOCTOR OR NURSE

B.E.A.T

HEART FAILURE TOGETHER

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HELP US BEAT HF**



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This information has been developed as part of a Partnership between Pumping Marvellous Foundation and AstraZeneca UK Limited, who have had no editorial control (outside of medical accuracy review).

GB-65715. Date of preparation: April 2025.