

# Learn How to Self-Manage Your Heart Failure

*Everything*





# NON-MEDICAL SELF-MANAGEMENT

Why and how could self-management help me live better with my conditions?



Pumping Marvellous is the UK's Heart Failure charity. We offer support to help you live better with your Heart Failure.



We offer support to patients and their families in our large communities on Facebook – visit Facebook and search for 'Help for Hearts' to gain entry.

We also offer support via our community hub where you will find many forms of assistance. Find support here: [qr.pumpingmarvellous.org/CommunityHelp](https://qr.pumpingmarvellous.org/CommunityHelp)



SCAN ME

Or email us by filling out this form on our website: [qr.pumpingmarvellous.org/ContactPM](https://qr.pumpingmarvellous.org/ContactPM)



SCAN ME

Alternatively, just pick up the phone 01772 796542 9.00am – 3.30pm Monday to Friday.

## Employment benefits

Sometimes you need to access benefits. We have found the two best ways are to either visit the Government website or give Citizens Advice a call. Both give you the most up-to-date information.

To visit the Government website visit:

[qr.pumpingmarvellous.org/GovBenefits](https://qr.pumpingmarvellous.org/GovBenefits)



To visit the Citizens Advice Bureau website visit:

[qr.pumpingmarvellous.org/CitizensAdvice](https://qr.pumpingmarvellous.org/CitizensAdvice)



## Travel and life insurance

Patients tell us getting your life back up and running is important to them. Sometimes this involves overseas holidays. We have a travel guide booklet as well as access to a website that will provide quotes for people with Heart Failure wishing to access travel insurance. For some people, they will also be looking for life insurance. We have a great section on the website that informs you of your options.



To access our Travel Guide visit our website:

[qr.pumpingmarvellous.org/TravelGuide](https://qr.pumpingmarvellous.org/TravelGuide)



To get a quote for Travel Insurance visit our website:

[qr.pumpingmarvellous.org/TravelInsurance](https://qr.pumpingmarvellous.org/TravelInsurance)



To learn more about Life Insurance when you have Heart Failure visit our website:

[qr.pumpingmarvellous.org/LifeInsuranceWebsite](https://qr.pumpingmarvellous.org/LifeInsuranceWebsite)



## Driving

There may be considerations for driving when you have Heart Failure. The most up-to-date information can be found on the DVLA website.

To visit the DVLA website and find out about driving with a medical condition, visit the DVLA site here: [qr.pumpingmarvellous.org/DVLAWebsite](https://qr.pumpingmarvellous.org/DVLAWebsite) or scan the QR code:



## Managing your personal affairs



We are not suggesting for a minute that you are planning for your death. It is not an easy conversation to have, however there is no time like the present to start thinking about it. Hospice UK do a resource to help you start the conversation.

To learn more about managing your personal affairs please visit Hospice UK's resource area, Dying Matters, on their website.

[qr.pumpingmarvellous.org/HospiceUKWebsite](https://qr.pumpingmarvellous.org/HospiceUKWebsite)



## Wills & Legacy

Consider leaving a charity legacy in your will as this can have a lasting impact on a cause that is important to you. For more information, please visit our website.

[qr.pumpingmarvellous.org/makeawill](https://qr.pumpingmarvellous.org/makeawill)



## Relationships and romance



An old TV advert said 'it's good to talk' and indeed it is. All relationships will come under pressure at some time or other, for a variety of reasons. Keeping an open channel of communication is vital.

For more information scan the QR code or visit: [qr.pumpingmarvellous.org/RelationshipsRomance](https://qr.pumpingmarvellous.org/RelationshipsRomance) for further information.



## Carers



Sometimes people living with Heart Failure will need help from someone who is a carer. We highly recommend you read the information yourself and share the link to Carers UK with your carer, whether that be your partner, a member of your family, friend, neighbour or other person who takes on the role of being your carer.

To learn more about the role of the carer and the support for them, scan the QR code or visit Carers UK: [qr.pumpingmarvellous.org/CarersUK](https://qr.pumpingmarvellous.org/CarersUK) for expert advice.



## Social media/internet

Social media and the internet can be a fabulous place to find out more about Heart Failure. However, it is sometimes very difficult to tell the difference between what is useful and what isn't, what is evidence-based research and what is promotional or poorly evidenced based work. It is important that you visit sites that give you appropriate and safe information.

### SAFE AND TRUSTED WEBSITES

Pumping Marvellous Foundation  
[pumpingmarvellous.org](https://pumpingmarvellous.org)



British Heart Foundation  
[bhf.org.uk](https://bhf.org.uk)



NHS  
[nhs.uk](https://nhs.uk)



SCAN THE QR CODES



Cardiomyopathy UK  
[cardiomyopathy.org](https://cardiomyopathy.org)



A safe place to meet patients and family members like you is the Pumping Marvellous Foundation's Community.

[qr.pumpingmarvellous.org/CommunityHelp](https://qr.pumpingmarvellous.org/CommunityHelp)



## Diet and lifestyle

What you eat and your lifestyle is very important to managing your Heart Failure. We've put together some great resources you can access to help you live well with Heart Failure through having a healthy lifestyle.



Visit these website links or scan the QR codes to learn about the various sections of living well with Heart Failure through a healthy lifestyle.

British Heart Foundation – Healthy Eating

[qr.pumpingmarvellous.org/HealthyHeartLiving](https://qr.pumpingmarvellous.org/HealthyHeartLiving)



British Heart Foundation – Managing your weight

[qr.pumpingmarvellous.org/WeightMngt](https://qr.pumpingmarvellous.org/WeightMngt)



Quit Smoking

[qr.pumpingmarvellous.org/NHSSmoking](https://qr.pumpingmarvellous.org/NHSSmoking)



Getting Active

[qr.pumpingmarvellous.org/NHSGetActive](https://qr.pumpingmarvellous.org/NHSGetActive)



Drink Less Alcohol

[qr.pumpingmarvellous.org/NHSDrinkLess](https://qr.pumpingmarvellous.org/NHSDrinkLess)



## Children's video



Children are sometimes kept out of the conversation around adult health issues. If your children or grandchildren would like to know or you think they would benefit from learning about Heart Failure, show them our Child's Guide to Heart Failure.

To access the Child's Pumping Marvellous Guide to Heart Failure, scan the QR code or visit our YouTube page: [qr.pumpingmarvellous.org/ChildsGuidetoHF](https://qr.pumpingmarvellous.org/ChildsGuidetoHF)





## MEDICAL SELF-MANAGEMENT

Why and how could self-management help me live better with my conditions?

### RELATIONSHIPS WITH YOUR HEALTHCARE TEAM

Having a productive relationship with your healthcare team will help you manage your Heart Failure better. Read about Pierre's relationship with his GP.



### Cardiac rehabilitation



Cardiac Rehabilitation can help improve your quality of life. Speak to your healthcare team about accessing Cardiac Rehabilitation. There should be face to face classes available, if not scan the QR code to access our free Cardiac Rehab programme.

Watch our Rehab video here:  
[qr.pumpingmarvellous.org/PMcardiacrehab](https://qr.pumpingmarvellous.org/PMcardiacrehab)



If you have HFrEF or HFmrEF, find our support guide here:

[qr.pumpingmarvellous.org/HFrEF](https://qr.pumpingmarvellous.org/HFrEF)



If you have HFpEF, find our pocket guide here:

[qr.pumpingmarvellous.org/HFpEF](https://qr.pumpingmarvellous.org/HFpEF)



### Pharmacy and knowing your medications

Your Pharmacy/Chemist is a very useful point of contact for all information and understanding around medications (both prescribed to you and also those off the shelf without prescription). You may also have a Pharmacist attached to your Heart Failure team or GP Surgery.



If you have HFrEF or HFmrEF, visit [qr.pumpingmarvellous.org/HFMeds](https://qr.pumpingmarvellous.org/HFMeds) or scan the QR code:



If you have HFpEF, visit [qr.pumpingmarvellous.org/HFpEF](https://qr.pumpingmarvellous.org/HFpEF) or scan the QR code:



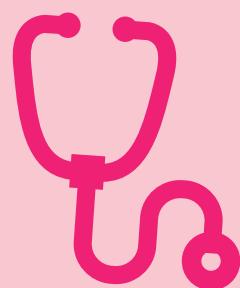
### Listen to your body

It is important to listen to your body. If you think about your energy being a battery, sometimes you need to rest to recharge. Keep an eye on your symptoms and if they get worse speak to your healthcare team.



### Manage and optimise your other conditions

People rarely just have Heart Failure. Therefore, keeping an eye on all your other conditions is important. If you have any concerns, then contact your GP Surgery or Specialist Team.



### Sick Day Rules



Sometimes medicines may need to be paused. It is important that Sick Day Rules require initiation from your Doctor, Nurse or Healthcare Practitioner.

To view our Sick Day Rules information, visit [qr.pumpingmarvellous.org/SickDay](https://qr.pumpingmarvellous.org/SickDay) or scan the QR code:



### Know your symptoms and what to do if they get worse

Knowing your symptoms is one of the most important self-management tools you have. If your symptoms are getting worse, it is important you contact your healthcare team and tell them. They will appreciate you contacting them, rather than you waiting too long and maybe needing to be admitted to hospital. Our Symptom Checker in your Heart Failure at Home Pack will help you make the correct decisions.



Your Heart Failure at Home Pack folder includes a booklet, situated within a flap on the inside front cover. This booklet contains a contact details section which should be filled in with the contact numbers of your healthcare team so that you can notify them that your symptoms are getting worse.



### OUR PATIENT CHARTER

People interacting with healthcare services must be treated with respect. They must have equal, timely and appropriate access to optimal treatments and care, as outlined by national and international guidelines. Equally, that respect must be reciprocated to healthcare professionals.

People must understand all communication at the point of discussion, explained clearly and in an understandable format. Healthcare professionals should validate patient understanding to foster a relationship where the patient should always feel at ease to ask any questions about their situation.

### Learn what your NYHA is

NYHA is a score or a position on the HF scale and a way to discuss with your Doctor or Nurse how your symptoms are. It is based on your physical ability and how your symptoms may impact them. Every time you see your healthcare team, discuss it with them.

The scale can be found in *The Basics* pull-out section. It's on the back of the Symptom Checker.



### WANT TO FIND OUT MORE?

Download our Patient Charter booklet here:  
[qr.pumpingmarvellous.org/HFCharter](https://qr.pumpingmarvellous.org/HFCharter)  
or scan the QR code:



HELPING YOU LIVE WELL WITH HEART FAILURE

AstraZeneca

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**B.E.A.T**  
HEART FAILURE

**Pumping Marvellous**  
for heart failure patients

**B**

# Change Lives, Fund Our Guides



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[qr.pumpingmarvellous.org/DonateDP](https://qr.pumpingmarvellous.org/DonateDP)