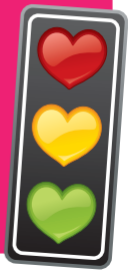


My Symptom Checker

How to self-manage better



Where are you on the scale?

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** 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, tired and short of breath even at rest. If any physical activity is undertaken, discomfort is increased.

Please note: this booklet 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 then do discuss them with your healthcare professional at the earliest opportunity.

CLASS 1

"I can perform all physical activity without getting 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."



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YOUR TELEPHONE NUMBERS

GP's Name

.....

GP's Telephone Number

.....

Heart Failure Nurse's Name

.....

Heart Failure Nurse's Telephone Number

.....



Visit our campaign site **BEAT HF**



GREEN - KEEP WATCH

Your weight has not increased/had increased by 4lb/2kg over 3 days but you agree with the statements below:

HOW AM I?

You are no more breathless than usual.
Your ankles are no more swollen than usual.
Any other conditions you have are no worse than usual.*

You are as active and mobile as you normally are.
Your main carer's health is unchanged.



You are no more breathless than usual.



Your ankles are no more swollen than usual.



All of your other medical conditions are OK.



You are as active and mobile as you normally are.



Your main carer's health is unchanged.



SCAN ME

JOIN OUR PATIENT AND CARER COMMUNITY - SCAN WITH YOUR DEVICE HERE

WHAT SHOULD YOU DO?

There is no need for a review by the Heart Failure specialist team/GP/Practice Nurse apart from your regular reviews. However, you should be reviewed at least twice a year. *Other conditions means other medical problems that you and your GP are already aware of and that you are already treated for.

MAKE SURE YOUR HEALTHCARE TEAM WHO GAVE YOU THIS SYMPTOM CHECKER HAVE TALKED YOU THROUGH IT TO CHECK YOUR UNDERSTANDING



AMBER - STAY ALERT

Your weight has increased/had increased by 4lb/2kg over 3 days and/or one of the statements below is true:

HOW AM I?

You are feeling more breathless than usual.
Your tummy and/or legs are more swollen than before.

You are unable to be as active as usual/you are a bit more muddled than usual.**

You are breathless at night or need more pillows to sleep on.

Any of your other conditions are worsening.
Your main carer is becoming more ill and is unable to help look after you as much as before.



You are feeling more breathless than usual.



Your tummy and/or legs are more swollen than before.



You are breathless at night or need more pillows to sleep on.



You are unable to be as active as usual/you are a bit more muddled than usual.



Any of your other conditions are worsening.



Your main carer is becoming more ill and unable to help look after you as much as before.

WHAT SHOULD YOU DO?

Try simple measures to improve your symptoms and/or consider a sooner appointment with the Heart Failure specialist team/GP/Practice Nurse if you feel it is necessary.

**This means that if you are not able to do as much as you would normally do, or are becoming a bit more confused because of; pain, unsteadiness/falls, worsening Heart Failure symptoms, worsening of another condition you have, or developing a new problem, then it is important to contact one of the medical team looking after you.



RED - TAKE ACTION

If your symptoms continue to worsen over 3 days, or you have any of the problems below:

HOW AM I?

Over these last 3 days your breathlessness/leg swelling are worsening and/or you are far less able to be as active as normal or look after yourself.

You have worsening or new angina.****

You have symptoms of an infection and/or you feel very unwell.***

You have become confused about your medications.*****

Any of your other medical conditions are continuing to worsen.

Diarrhoea and vomiting for more than 24 hours. Continuing to feel unwell without a clear cause - especially if you take a medicine which ends in '-flozin'.

You have blacked out.

Your carer becomes very ill/had been admitted to hospital and is unable to take care of you.



You have symptoms of an infection and/or you feel very unwell.



You have blacked out.



Any of your other medical conditions are continuing to worsen.



You have become confused about your medications.



My medication has been reduced/stopped and I am not sure why/my Heart Failure team are unaware.



You have worsening breathlessness or leg swelling or are unable to be as active as usual.



You have worsening or new angina.



Your carer becomes very ill/had been admitted to hospital and is unable to take care of you.



You have had diarrhoea or vomiting for more than 24 hours.

WHAT SHOULD YOU DO?

Consider urgent advice from your GP or Heart Failure service. If you feel unwell call **111**. If you feel very unwell call **999**.

***Symptoms of infection; temperatures, sweats, new cough, change in colour of your usual sputum, pain on passing water, diarrhoea/vomiting, increasing falls or loss of balance.

****Angina is one kind of heart-related chest pain. Please discuss your chest pains with your GP if you are unclear as to whether they are angina or not.

*****Confused about medication: in terms of specific doses/why you take specific medications or whether you are uncertain you have taken today's medication correctly.

Contact your medical team if you are on a tablet ending in '-flozin' and you have had prolonged vomiting or you are feeling unwell without an obvious cause. Very rarely these drugs can cause a condition called 'ketoacidosis' that your medical team should be able to test for. It is a very rare but serious complication of this group of drugs.

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