

# Heart failure monitoring record

## Community Heart Failure Services



*Cardiology*

patientinformation



The Rotherham  
NHS Foundation Trust

## Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [your.experience@nhs.net](mailto:your.experience@nhs.net)

### Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

### Slovensky

### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لێم بەلگەنامە بە تێبگات یان بیخوێنێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نێماینە.

### Arabic

عربی  
إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

### Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

### **Welcome to Rotherham Heart Failure Service.**

We would like to take this opportunity to tell you about our service and other services that you may wish to access or be referred to, by your Heart Failure Specialist Nurse to complement your treatment.

You will be seen by a heart failure specialist nurse who is an expert in heart failure. Following assessment by the heart failure specialist nurse you will receive an individualised management plan aimed at optimising your treatment. This often involves making changes or adding to your current medication and referral to other services.

You will receive an appointment to attend the heart failure specialist nurse clinic. The clinic may be at a local clinic near your home, at Rotherham Community Health Centre or you may be offered a telephone or video consultation. Home visits are only reserved for patients who are seriously ill and unable to attend clinic.

If you are stable, you will be discharged back to your GP with a management plan for him/her to follow, however you are encouraged to ring the service if you encounter any problems associated with heart failure. Continue to monitor for any signs and symptoms of fluid retention and to report any signs or symptoms of fluid retention to your GP or heart failure specialist nurse. This is extremely important as early intervention to treat fluid retention may help to prevent a significant deterioration in your condition and also avoid hospital admission. It may be helpful to have your own Blood Pressure machine.

## Heart failure monitoring record

You will also receive an Early Warning System scoring tool - to make it easier for you to identify fluid retention which is the main symptom of heart failure. We will explain how to use this tool. Remember, it is important for you to measure daily weights and that any sudden increases and/or associated symptoms of breathlessness should be reported as soon as possible.

### **H.E.L.P.**

We will ask for your email address, we will then send you a selection of online educational links to resources related to your condition, which have been created by the team at Rotherham. Education and information is a vital part of your treatment and aims to increase your knowledge, confidence and understanding of Heart Failure and management of the condition.

If you do not have access to the internet, we will provide the education at your appointment and give you the written information along with a DVD.

### **Pumping Marvellous**

This is a charity which provides telephone and electronic (email, facebook, twitter) support for patients specifically with heart failure. We suggest you contact "pumping marvellous" as soon as you are diagnosed with heart failure or referred to the service, however you can do so at any point of your treatment to speak to someone who has heart failure and understands what you are going through. There is a card provided in the pack we provide with the contact details on.

### Support Group

We have a local Heart Support Group, which meets monthly at the Rotherham Community Hub, 38 College Street (opposite the BHF Shop), Rotherham S60 1AF. This group is run by patients with cardiac conditions including heart failure and provides valuable social support including social activities and events. It is important to meet other people who have similar stories to yourself so that you do not feel isolated or alone. You can ring the support group for more information on 07545093679 or 01709 423257.

### The Hospice

If the hospice conjures up ideas of cancer and dying, please let us change your mind! The hospice provides a very important component of your treatment. The hospice helps with symptom management including breathlessness and tiredness. The hospice is an excellent resource that we may refer to, to assist with symptom control quite early on in your treatment.

Please contact us for more details on **01709 423257**. We have also provided you with useful contact numbers at the back of the Heart Failure Monitoring Record.

**Thank you!**

**The Heart Failure Team, Rotherham**

## How to recognise fluid retention and what to do

### What is heart failure?

The reduction in the heart's ability to pump blood around the body.

- Get weighed daily at the same time of day, morning before breakfast

### How to recognise fluid retention

- Has your weight increased by 3-4lb overnight or over 2-3 days?
- Are your ankles/legs swollen or more swollen?
- Do you get breathless when lying flat and need more pillows?
- Do you wake up breathless in the night?
- Are you generally more breathless?

**Please telephone the Heart Failure Specialist Nurse or GP for advice.**

### Contact information

#### Office & Answer Machine

Telephone 01709 423257

Email [rgh-tr.rotherhamcardiacteam@nhs.net](mailto:rgh-tr.rotherhamcardiacteam@nhs.net)

**Please take this booklet with you when attending any appointment regarding your heart health.**

## Heart failure monitoring record

### Watching your weight

Weigh yourself every morning and note the weight on the card below.

- Make sure you weigh yourself after going to the toilet, but before breakfast, and before you get dressed each morning.
- Always use the same scales, on a solid surface.

If your weight starts to go up quickly, and you have put on **3-4lb overnight or over 2-3 days, telephone the Heart Failure Specialist Nurse** as soon as you are able. This may mean you have a build up of water in your body.

Base weight:

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Date:

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## Heart failure monitoring record

NAME OF MEDICATION	WHAT IT'S FOR	STRENGTH	MORNING	LUNCHTIME







Heart failure monitoring record

EVENING	BEDTIME	OTHER TIMES	COMMENTS

**Heart failure monitoring record**

<b>NAME OF MEDICATION</b>	<b>WHAT IT'S FOR</b>	<b>STRENGTH</b>	<b>MORNING</b>	<b>LUNCHTIME</b>



Heart failure monitoring record

DATE	WEIGHT	SYMPTOMS / MEDICATION CHANGES



**Heart failure monitoring record**

<b>DATE</b>	<b>WEIGHT</b>	<b>SYMPTOMS / MEDICATION CHANGES</b>





Heart failure monitoring record

DATE	WEIGHT	SYMPTOMS / MEDICATION CHANGES

Heart failure monitoring record

DATE	WEIGHT	SYMPTOMS / MEDICATION CHANGES





Heart failure monitoring record

DATE	WEIGHT	SYMPTOMS / MEDICATION CHANGES



# Heart failure monitoring record

DATE	WEIGHT	SYMPTOMS / MEDICATION CHANGES









Heart failure monitoring record

<b>DATE</b>					
BP					
HR					
O <sup>2</sup> sats					
Na					
K					
Urea					
Creat					
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BNP					

<b>DATE</b>					
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Heart failure monitoring record

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## How to contact us

### Office & Answer Machine

Telephone 01709 423257

Email [rgH-tr.rotherhamcardiacteam@nhs.net](mailto:rgH-tr.rotherhamcardiacteam@nhs.net)

## Useful contact numbers

**If it's not an emergency, please consider using a Pharmacy or call NHS 111 before going to A&E.**

### British Heart Foundation

Telephone 020 7935 0185

### Coronary Care Unit (CCU)

Telephone 01709 424760/424226

### Heart Information Line (BHF)

Telephone 08450 708070

### Northern General Hospital, Sheffield

Telephone 0114 2434343

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Quit Smoking Service

Telephone 01709 718720

### UECC (A&E)

Telephone 01709 424455

**For GP out of hours, contact your surgery**

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2021, June 2022. Revision due June 2024. Version: 13.0  
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## Restart

(Supervised aerobic and circuit exercise sessions for people with coronary heart disease)  
Rotherham Leisure Complex  
Thursdays 9.30am to 11.00am  
Telephone 01709 722555

## Useful websites

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.rotherhive.co.uk](http://www.rotherhive.co.uk)

## Easyread websites

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

[www.easy-read-online.co.uk](http://www.easy-read-online.co.uk)

## We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

## Patient Experience Team

D Level  
Rotherham Hospital  
Moorgate Road  
Rotherham  
S60 2UD

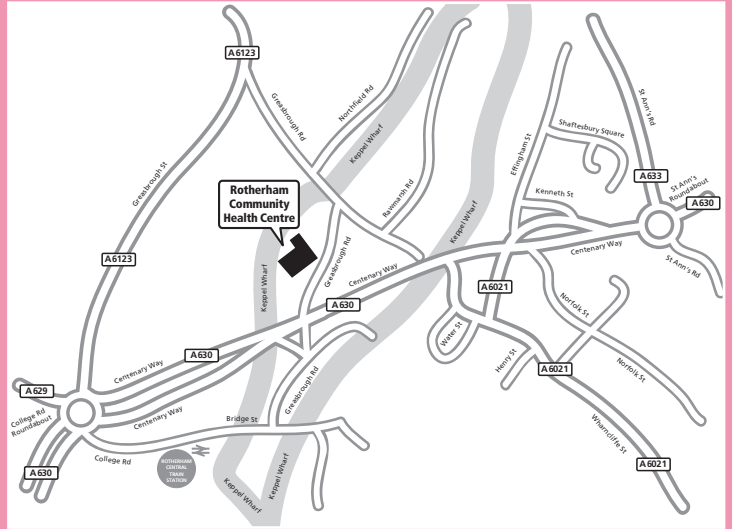
Telephone: 01709 424461

Monday to Friday  
9.00am until 4.00pm

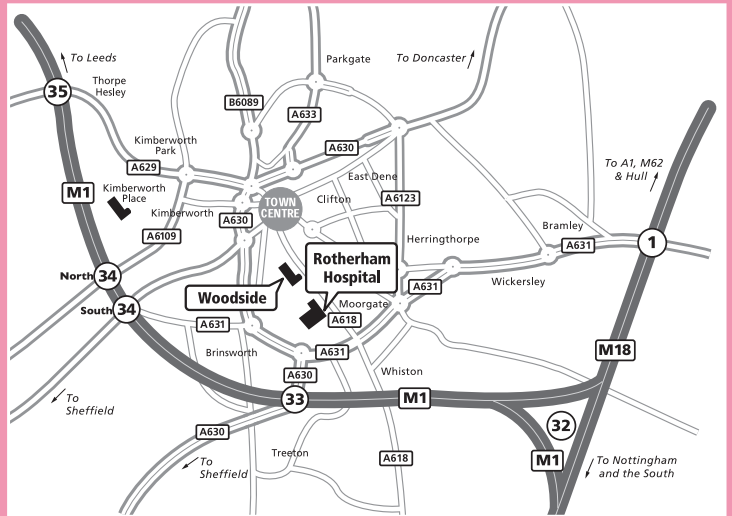
Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)

# How to find us

## Rotherham Community Health Centre main routes



## Rotherham Hospital main routes





LS 06/2022 V13 Jones & Brooks



**The Rotherham**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

