

Take 3 beats

Checking your symptoms doesn't need to take a lot of time, but it could keep you out of hospital.

Remember the 3 beats of checking your heart failure symptoms:

- 1 Have you taken your medication?
- 2 Have you weighed yourself?
- 3 Have you checked in with how you're feeling?

Taking 3 beats to check in is important so you can take an active role in the management of your condition. This tool is not intended to replace medical advice.



Green Zone

- My weight has not increased by 2kgs (4-5lbs) in the last week.
- I can do my daily activities as usual.
- I don't see any swelling in my feet or legs. If I already have swelling, it is not getting any worse.
- My breathing is not getting any worse.

Actions

- ✓ Keep taking my medication.
- ✓ Keep doing my daily checks.
- ✓ Keep seeing my doctor regularly.



Yellow Zone

- I have gained 2kg (4-5lbs) within a week.
- I feel more breathless than usual (when I'm doing my daily activities or when I'm trying to sleep).
- I have swelling in my ankles.
- I feel more tired or exhausted.
- I don't feel hungry or I feel sick after eating.
- I feel anxious, low or sad.
- I feel worse than I did yesterday.

Actions

- ✓ Call my doctor or local heart failure clinic and let them know I have symptoms – I may need a change in my medication.



Red Zone

I have had a sudden weight gain of 2kg (4-5lbs) within a week and I have one or more of the symptoms below:

- I'm stopping more to catch my breath and I can't do my daily activities. I am breathless even when I'm lying down and resting. I wake up from sleep feeling breathless.
- I have swelling in my ankles.
- I feel faint, dizzy or have collapsed.
- I have lost my appetite.

Actions

- ✓ I need to call my doctor or local heart failure clinic immediately or call 112/999. My symptoms are getting worse and it's important I get medical help.

The Irish Heart Foundation has a range of supports available for people living with heart failure. See irishheart.ie