



患者教育

Regional Heart Center



應對心力衰竭

在您出院後

您在住院接受心力衰竭治療，或者您在接受其他疾病的護理，但您患有心力衰竭疾病。

本手冊中的指南旨在幫助您出院後儘量保持健康。

有問題嗎？

Regional Heart Center:
206-598-4300

社區護理熱線號碼:
206-744-2500

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情況正常



我的情況正常

如果我完全可以參加正常活動:

- 不會感到呼吸急促
- 體重穩定
- 沒有新出現的身體浮腫
- 食慾正常

警告



我需要打電話給我的健康護理服務提供者

如果我的症狀惡化:

- 一天內體重增加三磅或兩天內體重增加五磅
- 腿部或踝關節出現新的浮腫或浮腫加劇
- 呼吸更困難、新出現咳嗽或睡眠時需要加高枕頭幫助呼吸
- 持續噁心或無法進食
- 疲倦加重
- 心率加快（心悸）

緊急情況！



我需要立即撥打
9-1-1電話

如果我的症狀很嚴重或迅速惡化:

- 持續胸痛
- 嚴重暈眩發作或昏倒
- 嚴重的或突然出現的呼吸急促
- 新出現的意識模糊或無法清醒地思考

日常自我護理

- 每天稱體重。
 - 我家中有磅秤。每天用同一個磅秤稱體重。
每天早晨起床後首先稱體重。小便後和穿衣前稱體重。
- 每天量血壓。
 - 我家中有血壓計。
- 每天在「心力衰竭日記」中記錄您的體重和血壓讀數。
在後續門診時攜帶該記錄。

藥物

- 出院時，核實您有一份最新藥單以及您需要的所有處方藥。
- 在您的皮夾中放一份藥單，以防出現緊急情況。
- 按照處方服用心力衰竭藥物。除非治療您的心力衰竭疾病的健康護理服務提供者告訴您停藥，否則不要停服任何藥物。
- 如果您無法服藥或不確定如何服藥，請立即給您的服務提供者辦公室打電話。
- 在服用任何其他藥物之前，向治療您的心力衰竭疾病的服務提供者洽詢。這包括非處方藥、維他命、草藥和其他健康護理服務提供者開的處方藥。
- 如果您需要有人幫助您記住所服的藥物，請讓您的護士或藥劑師給您一個每日藥物分裝盒。

活動

- 請向您的服務提供者洽詢可以從事哪一種類型的運動。
- 輕微的運動（例如步行）對心力衰竭患者有利。
- 休息也很重要。

有問題嗎？

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您還可以透過以下方法改善心臟健康狀況:

- 不抽煙。請向您的服務提供者索取「戒煙或停止使用菸草的幫助資源」手冊。該手冊中有關於 Washington State Quit Line (877-270-STOP) 的資訊。
- 遵守您的服務提供者有關飲酒的建議。
- 按時注射流感和肺炎預防針。

飲食

- 遵守您的服務提供者有關鈉（鹽）攝入量的建議。大多數心力衰竭患者必須將每日的鈉攝入量限制在2,000毫克以下，以避免體液積聚。

我的每日鹽攝入量為 _____ 毫克。

- **不要**在食物中放鹽。在使用代鹽之前，請向您的服務提供者洽詢。
- 遵循您的服務提供者有關液體攝入量的建議。可能會要求您限制液體攝入量。

我的每日液體攝入量是 _____ 盎司。

後續追蹤門診

您應當在出院後七天內接受服務提供者門診。出院之前瞭解您下一次門診的時間。

心肌病和心臟病支援團體

這些團體會議的對象是心臟病患者及其家人，會為參加者提供輕鬆自如的環境，以便人們分享自己的看法和提出問題。

如需瞭解有關該支援團體的進一步資訊，請打電話給社會工作者，電話號碼 206-598-6591。或請打電話給診所護士，電話號碼 206-598-4300。

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Living with Heart Failure
Chinese - Traditional

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心力衰竭患者體重日記

- 每天早晨起床後稱體重。在上廁所之後和服藥或穿衣之前稱體重。

您的理想體重或乾體重是 _____。

(乾體重是當您的身體未積水時的體重。)

- 如果您在一天內體重增加三磅或者在兩天內體重增加五磅，打電話給您的健康護理服務提供者。
- 每天檢查您的症狀。在以下欄目中記錄。
- 接受您的健康護理服務提供者門診時，請攜帶該記錄。

情況正常



您的症狀
得到控制

警告



打電話給您的健康護理服
務提供者

緊急情況！



立即撥打
9-1-1 號碼

日期	體重	血壓	我今天的症狀		
			綠色 — 情況正常	黃色 — 警告	紅色 — 緊急情況



Living with Heart Failure

After you leave the hospital

You are in the hospital to treat your heart failure, or you are receiving care for something else and you also have heart failure.

The guidelines in this handout are meant to help you stay as healthy as possible after you go home.

Questions?

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Community Care Line: 206-744-2500

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OK



I am OK

If I can do my normal activities without a problem:

- No shortness of breath
- Weight is stable
- No new swelling
- Normal appetite

Warning



I need to call my health care provider

If my symptoms are getting worse:

- Gained 3 pounds in 1 day or 5 pounds in 2 days
- New or increased swelling in my legs or ankles
- Harder time breathing, new cough, or I need more pillows to breathe while sleeping
- Nausea that will not go away, or I cannot eat
- Fatigue that is getting worse
- Increased heart rate (*palpitations*)

Emergency!



I need to call 9-1-1 right away

If my symptoms are very bad or get worse quickly:

- Chest pain that does not go away
- Severe dizzy spells or have fainted
- Severe or sudden shortness of breath
- New confusion or I cannot think clearly

Self-care Every Day

- Weigh yourself every day.

I have a scale at home.

Use the same scale every day.

Weigh yourself first thing every morning. Do this after you have urinated and before you get dressed.

- Check your blood pressure every day.

I have a blood pressure cuff at home.

- Write down your weight and blood pressure on your “Heart Failure Daily Log” every day.

Bring this log with you to your follow-up visit.

Medicines

- When you leave the hospital, make sure you have an updated list of your medicines and any prescriptions you may need.
- Carry a list of your medicines in your wallet, in case of emergencies.
- Take your heart failure medicines as prescribed. Do not stop taking any medicines unless the health care provider you see for heart failure tells you to.
- If you cannot take your medicines or are not sure how to take them, call your provider’s office right away.
- Check with the provider you see for heart failure before you take any other medicine. This includes medicines you can buy without a prescription, vitamins, herbal remedies, and prescriptions from other health care providers.
- If you need help keeping track of your medicines, ask your nurse or pharmacist for a pill organizer.

Activity

- Talk with your provider about what kind of exercise you can do.
- Mild exercise such as walking is good for people with heart failure.
- Rest is also important.

Questions?

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206-744-2500

You can also help your heart by:

- Not smoking. Ask your provider for the handout “Resources to Quit Smoking or Using Tobacco.” It includes information about the Washington State Quit Line (877-270-STOP).
- Following your provider’s advice about alcohol.
- Keeping your flu and pneumonia vaccines up to date.

Diet

- Follow your provider’s advice about how much sodium (salt) to eat. Most people with heart failure must limit their sodium to less than 2,000 mg a day to avoid fluid buildup.

My daily salt allowance is _____ mg.

- Do **not** add salt to your foods. Check with your provider before using salt substitutes.
- Follow your provider’s advice about fluid intake. You may be asked to limit liquids.

My daily fluid allowance is _____ oz.

Follow-up Visit

You should see your provider within 7 days after your discharge from the hospital. Make sure you know when your next appointment is before you leave the hospital.

Cardiomyopathy and Heart Disease Support Group

These group meetings are for patients and their families who are coping with heart disease. They provide a relaxed setting where people share ideas and ask questions.

To learn more about this support group, call the social worker at 206-598-6591. Or, call the clinic nurse at 206-598-4300.

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Heart Failure Daily Weight Log

- Weigh yourself every morning when you get up. Do this after you go to the bathroom and before you take your medicines or get dressed.

Your ideal or *dry weight* is _____.

(Dry weight is what you weigh when your body is not retaining water.)

- If you gain 3 pounds in 1 day OR 5 pounds in 2 days, call your health care provider.
- Check your symptoms every day. Make notes in the columns below.
- Bring this record with you when you visit your health care provider.

OK	Warning	Emergency!
		
Your symptoms are under control	Call your health care provider	Call 9-1-1 right away

			My Symptoms Today		
Date	Weight	Blood Pressure	Green – OK	Yellow – Warning	Red – Emergency