

# Olathe Heart Failure Badge Buddy

<b>Daily Heart Failure Patient Education</b>
<b>Weigh Daily:</b> Take 1 <sup>st</sup> thing in AM, after urinate/defecate & write it down – let provider know if ≥3lb weight gain overnight or ≥5lb weight in 1 week
<b>Limit Sodium/Fluid:</b> Limit sodium to 2000mg/day and fluids to 64 oz/day – Keep a food diary of daily sodium intake
<b>Take your Medication as Prescribed:</b> Don't stop your medications without speaking to your physician and take them at the same time each day (Review medications every shift).
<b>Exercise:</b> Goal is to aerobically walk for 30 minutes per day. Start slow and work your way up!
<b>Watch for worsening signs/symptoms:</b> Know what is normal for you. Alert your PCP or Cardiologist with changes.

<b>Daily Heart Failure Patient Education</b>
<b>Weigh Daily:</b> Take 1 <sup>st</sup> thing in AM, after urinate/defecate & write it down – let provider know if ≥3lb weight gain overnight or ≥5lb weight in 1 week
<b>Limit Sodium/Fluid:</b> Limit sodium to 2000mg/day and fluids to 64 oz/day – Keep a food diary of daily sodium intake
<b>Take your Medication as Prescribed:</b> Don't stop your medications without speaking to your physician and take them at the same time each day (Review medications every shift).
<b>Exercise:</b> Goal is to aerobically walk for 30 minutes per day. Start slow and work your way up!
<b>Watch for worsening signs/symptoms:</b> Know what is normal for you. Alert your PCP or Cardiologist with changes.

<b>Daily Heart Failure Patient Education</b>
<b>Weigh Daily:</b> Take 1 <sup>st</sup> thing in AM, after urinate/defecate & write it down – let provider know if ≥3lb weight gain overnight or ≥5lb weight in 1 week
<b>Limit Sodium/Fluid:</b> Limit sodium to 2000mg/day and fluids to 64 oz/day – Keep a food diary of daily sodium intake
<b>Take your Medication as Prescribed:</b> Don't stop your medications without speaking to your physician and take them at the same time each day (Review medications every shift).
<b>Exercise:</b> Goal is to aerobically walk for 30 minutes per day. Start slow and work your way up!
<b>Watch for worsening signs/symptoms:</b> Know what is normal for you. Alert your PCP or Cardiologist with changes.

<b>Daily Heart Failure Patient Education</b>
<b>Weigh Daily:</b> Take 1 <sup>st</sup> thing in AM, after urinate/defecate & write it down – let provider know if ≥3lb weight gain overnight or ≥5lb weight in 1 week
<b>Limit Sodium/Fluid:</b> Limit sodium to 2000mg/day and fluids to 64 oz/day – Keep a food diary of daily sodium intake
<b>Take your Medication as Prescribed:</b> Don't stop your medications without speaking to your physician and take them at the same time each day (Review medications every shift).
<b>Exercise:</b> Goal is to aerobically walk for 30 minutes per day. Start slow and work your way up!
<b>Watch for worsening signs/symptoms:</b> Know what is normal for you. Alert your PCP or Cardiologist with changes.