

## Cardiac

# Heart Failure Nurse Service

**A shared approach to heart failure care within Coventry and Rugby**

### Who are we?

We are a team of specialist heart failure nurses who work within the Coventry and Rugby area. We support patients and their family or carers with heart failure management in the hospital and the community.

### What do we do?

When you are diagnosed with heart failure, depending on your needs, we will see you either on the ward if you are an in-patient, in the heart failure clinic, or at home.

We will:

- Help you, your family or carer understand and manage your condition
- Give healthy lifestyle advice
- Explain the benefits and side effects of your medications.
- Clinically examine you and take blood tests if necessary
- Liaise with your GP and cardiologist
- Refer you to other health professionals as appropriate



## What can I do to help myself?

- Unless directed otherwise, limit all drinks to 1.5 – 2 litres per day
- Weigh yourself daily and if you increase by 2-3lbs (1kg) overnight, or by 4-5lbs (2kg) over 3-5 days call your heart failure nurse, GP or out of hours service at weekends
- Take your medications as prescribed and ensure you do not run out of them
- Eat a healthy balanced diet, low in saturated fat and salt
- Keep your alcohol intake to the recommended guidelines: 14 units a week for men and women.
- Ask your practice nurse for advice or help with weight management or stopping smoking
- Have your flu vaccination every year and your 'one-off' pneumonia vaccination.
- Call your heart failure nurse if you go into hospital or if there are any changes to your medications or you have any questions

## We are here to support you

### Contact details

University Hospitals Coventry and Warwickshire:	02476965814
Coventry Community Team:	0300 3032444
Rugby St Cross Hospital:	01788 663944

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5814 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### Document History

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