



The Confident Patient:

A Doctor Discussion Guide for Navigating Heart Failure

Diagnosis

- What type of heart failure do I have? Is it mild, moderate, or severe?
- Are there any changes in my echo, EKG, or other test results?
- Given my symptoms, should we rule out other causes, like amyloidosis or ATTR-CM?
- How does the cause of my heart failure impact how we manage it moving forward?

Ongoing managements

- What should I track at home? How often should I check things like weight, blood pressure, or pulse?
- What's the easiest way to keep track of my readings?
- Are there activities I should limit – or ones you'd like me to increase?
- How much fluid and salt should I aim for each day?

Treatment

- What treatment are you recommending? Are there any other options I should know about?
- How will we know if this treatment is working, and when might we consider a change?
- Do you recommend cardiac rehab? If so, what would that look like for me?
- Which symptoms should I call about right away?
- What's the best way to reach your team if something suddenly feels different?

Symptom check-in

- Shortness of breath
- Needing to sit up to sleep comfortably
- Unexpected weight gain
- Swelling in feet, ankles, or legs
- Increased fatigue
- Heart palpitations or chest discomfort
- Lightheadedness
- Mental fog
- Feeling of fullness or bloating
- Decreased ability to do usual activities

Notes: