

Department of
NURSING

Heart Failure Self-Care Management



1. Limit Your Fluid Intake*

- Measure your drinks
- Restrict fluid intake to 1 litre per day

*This includes all beverages/fruits/soup/porridge



2. Limit Your Salt Intake

- Taste food before adding salt (less than 1 level teaspoon or less than 2g of sodium a day)
- Avoid processed and canned food
- Do not add gravy/sauces to your food



3. Take Your Medications as Prescribed

- Do not stop taking your medications even if you feel well



4. Have Adequate Activity and Rest

- Exercise at your own tolerance level, at least 3 times a week for 30 minutes each time
- Stop physical activity or exercise immediately if you develop chest discomfort or shortness of breath
- Take frequent breaks in between exercise or daily activities



5. Stop Smoking and Avoid Alcohol



6. Monitor Your Weight Daily

- Weigh yourself every morning, after passing urine but before breakfast
- Record your weight in calendar



YEAR		JANUARY					MONDAY
CALENDAR YEAR		CALENDAR MONTH					FIRST DAY OF WEEK
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				54 kg			
54 kg	52.5 kg	52.5 kg	53 kg	52.5 kg			
55 kg	52.5 kg	53 kg	52.5 kg	53 kg			
52.5 kg	52.5 kg	52 kg	52.5 kg	52 kg			

* Seek medical attention if you develop shortness of breath, swelling of lower limbs, stomach distension / bloating or weight gain of more than 3 kg in 1 week.