

Lifestyle issues	
Ask about activity levels	Activity plan /or referral to physio or EP
Alcohol intake	Refer to MHML levels of safe drinking
Smoking	Encourage/ assist with smoking cessation
Dental hygiene	Poor dentition can worsen heart related conditions
Seasonal vaccinations	Influenza, pneumococcal are required
Diet restrictions	Healthy eating plan. No added salt.
Fluid intake	<ul style="list-style-type: none"> • Fluid restriction in place • Hot weather plan to avoid dehydration in patients on diuretics
Weight recording	Daily weight recording in diary format to pick up early signs of fluid retention
Assessing mood <ul style="list-style-type: none"> • Are you feeling sad? • Have you lost interest in things that you usually enjoy? • Do you worry more than usual? 	Chronic illness may impact on psychological functioning, and untreated may worsen the underlying condition.