

QUESTIONS TO ASK	SYMPTOMS
Has there been any change in your exercise/ activity levels?	<ul style="list-style-type: none"> <li>• A change in exercise tolerance may be a sign of worsening heart failure.</li> </ul>
Have you noticed any swelling in your lower legs or feet?	<ul style="list-style-type: none"> <li>• Peripheral oedema indicates decompensation</li> </ul>
Do you have a dry cough?	<ul style="list-style-type: none"> <li>• Could be increased pressure in lungs</li> <li>• Reaction to ACE medication</li> </ul>
Has your breathing changed?	<ul style="list-style-type: none"> <li>• Increased shortness of breath is a sign of fluid and/ or pressure overload</li> </ul>
How many pillows do you need to sleep comfortably? Do you wake during the night?	<ul style="list-style-type: none"> <li>• Changes in sleeping pattern and or needing to sit up to breathe more easily is known as paroxysmal nocturnal dyspnoea – a sign of worsening heart failure</li> </ul>
Can you manage your usual activities?	<ul style="list-style-type: none"> <li>• Any change may indicate increased fatigue associated with worsening heart failure or anaemia which may occur in chronic heart failure.</li> </ul>
Have you experienced any giddy turns or light headedness?	<ul style="list-style-type: none"> <li>• Arrhythmias such as atrial fibrillation are common in patients with chronic heart failure</li> <li>• More lethal arrhythmias such as ventricular fibrillation or tachycardia can occur</li> </ul>
How is your appetite? lost any weight?	<ul style="list-style-type: none"> <li>• Poor appetite may be caused by hepatic congestion due to fluid retention</li> <li>• Rapid weight loss may also indicate dehydration due to over diuresis</li> </ul>
Do you have any pain at all? If so do you take anything to relieve it?	<ul style="list-style-type: none"> <li>• Observation of worsening angina</li> <li>• Use of drugs such as NSAIDS to relieve pain can increase sodium and water retention</li> </ul>