

Living Well

With heart failure: self care booklet



mylivingwell.co.uk

✉ hello@mylivingwell.co.uk ☎ 01274 438884



Learning to manage your condition

If you have a long-term condition, there are extra things you may need to consider including:

- Making changes to your diet
- Different types of exercise
- Different types of medication you may need to take

It is important to stay active and do things that are important to you.

Self care involves looking at what you can do and want to do, rather than what you can't do.

When you talk to your doctor or nurse about your condition, you may want to discuss some of the things you need to do, to stay well.

Some of these will be things that you can do yourself including:

- Eating healthily
- Exercising
- Taking your medicines at the right time

This booklet is designed to help you live well with heart failure. The information is general as people will be affected differently and have different capabilities. Please use a smart phone to scan the QR codes to find more information, or visit the Long Term Conditions section on the Living Well website.



NHS Choices

You can find lots of useful information about keeping well and healthy living ideas on the NHS website.

Living Well in Bradford district

There's lots of information about healthy living and links to local services and groups on the Living Well website.



What is heart failure?

Heart failure means that the heart is unable to pump blood around the body properly. It usually happens because the heart has become too weak or stiff.

Heart failure does not mean your heart has stopped working. It means it needs some support to help it work better.

It can occur at any age but is most common in older people.

Heart failure is a long-term condition that tends to get gradually worse over time. It cannot usually be cured, but the symptoms can often be controlled for many years.

Typical symptoms of heart failure include:

- Breathlessness after activity or at rest
- A new persistent cough
- Feeling tired most of the time and finding exercise exhausting
- Feeling light-headed or fainting
- Swollen ankles and legs

If you are worried about how the information in this booklet applies to you, please check things out with your doctor, nurse.

The British Heart Foundation offers lots of information about heart failure,



including audio and people's real life

experiences. BHF also provide online peer support.

Please scan the QR code to visit the British Heart Foundation website to find out more.



**British Heart
Foundation**

What causes heart failure?

Heart failure is often the result of a number of problems affecting the heart at the same time.

Living with heart failure

Being diagnosed with heart failure may come as a shock. However, the good news is that there is lots you can do to improve your quality of life.

Looking after yourself and taking responsibility for your own health will help to keep you as well as possible.

It is important that you take any prescribed medication, even if you feel well. The medicines can prevent or delay your heart problem and symptoms from getting worse.

Some medicines are designed to protect or heal your heart. If you don't take them, they can't help you and the underlying problem could get worse.

It's a good idea to keep your last insert from your previous prescription to hand in case you need to tell somebody.

Staying active



Regular physical activity can help improve your symptoms and general health. If you have heart failure, you should be offered an exercise-based cardiac rehabilitation programme. Ask your GP or at the hospital. These programmes vary widely across the country, but most cover one or more of the following: exercise, education, emotional support.

Ways to get more active

- Start small and build up. Check with your doctor or healthcare team before you begin. When doing regular physical activity becomes a habit, and you're looking for new challenges, increase little by little.
- Be realistic about your goals. Set yourself realistic goals that are specific, measurable and achievable .
- Make exercise part of your day. Plan a time to do some physical activity that fits in with the rest of your day and try keeping an activity diary to help monitor your progress and success. If you miss a day, don't worry, just make sure you start again the next day.
- Keep moving and make it fun! Remember, everyday activities count, so look out for opportunities to be active during the day. For example, use the stairs instead of the lift, or walk to the local shop rather than taking the car.
- Choose activities that you enjoy to help you achieve your goals and keep you motivated. Vary your activities and try involving family and friends.
- Reward yourself! Recognise when you achieve your goals. Think of things that you could reward yourself with.



Scan the QR code to find out



about the benefits of walking and find guided and self guided walks in Bradford district.

Scan the QR code for a list of Bradford walks and maps that you can download and print.



If at any time you feel that your heart failure symptoms have deteriorated and you feel unwell and require medical attention call your doctor, 111 or if you feel it's an emergency call 999.

Services that will support you

The free annual flu jab can reduce the risk of getting seriously ill in winter months and is available to over 65 year-olds and those with serious medical conditions. Ask your doctor for details. Other vaccinations, including Covid 19, Shingles and Pneumococcal may be available depending on your age and health status.



People with heart failure should have a review with their GP at least every six months.



If you drink alcohol, drink within safe limits

DrinkCoach is a website where people can find information to make informed choices about alcohol with a quick confidential online quiz and free online coaching sessions.

Scan the QR code to find out more.



Scan this QR code for NHS alcohol info.

Bradford Encouraging Exercise in People (BEEP)



BEEP is a free physical activity referral service that encourages people who are inactive, to become more active, with a 52 week support programme.

BEEP is also a great way for people living with long term health conditions to increase their physical activity levels safely and improve their health. A trained exercise referral officer will work with you to design a bespoke exercise training programme created specifically for you.

Ask at your local GP practice for a referral to the BEEP service. Your GP, nurse or any other health care professional can complete a referral form for you.



Scan the QR code or visit the Living Well website to find out more.

Support to stop smoking

Quitting smoking is one of the best things that you can do for your health. Research has shown you are up to three times more likely to quit smoking if you use the support of your local Stop Smoking Service in addition to products such as patches or gum.

The Living Well Stop Smoking Service



This local service can support you with free confidential support to keep you motivated to quit.

When you use the service, you will get one-to-one support from

a friendly trained advisor who will create a 12 week personal quit plan designed with you, to work for you.

Scan the QR code to find out more or visit the Living Well website, or call 01274 437700.



The NHS Smoking Helpline can also offer advice and encouragement to help you quit smoking.
Call 0300 123 1044.

Scan the QR code to visit the NHS smoke free website.



Healthy
Minds

Bradford District and Craven
Health and Care Partnership



ACTasONE



**Healthy Minds is your first
step to mental health
support in Bradford
District and Craven**

www.healthyminds.services

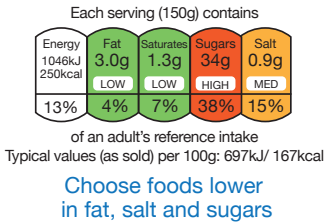


Eating well

A healthy balanced diet is important for good health. It should include high fibre foods like wholegrains, oats, beans, lentils, nuts, fruits, and vegetables, which are good for keeping your heart healthy and controlling blood pressure.



Check the label on packaged foods



Limiting salt to 6g (1 teaspoon) each day can also help to keep your blood pressure healthy. Look for the traffic-light colours on food packaging to limit foods that are high (red) in salt, sugar, and fat – these are sometimes called ‘ultra-processed’ foods and are not good for our health.

Beans, lentils, and nuts are good sources of protein, and oily fish like salmon, mackerel, pilchards, or tuna, can also help to protect against heart disease. Oily fish, as well as nuts, olive oil, and avocados contain good fats that are good for heart health, while high fat foods such as fatty meats, pies, sausages, and ghee, should be limited.



You can enjoy a balanced diet by making small, gradual changes that you can stick to. Choose unprocessed foods with less ingredients wherever possible to help fuel your body and protect your heart. Scan the QR for info about portions and food groups with the Eatwell Guide.

Swap Well to Eat Well

Please scan the QR code to find information about healthy eating with recipes and easy food swaps you can make on the Living Well website.



Noticing changes in your health

Signs you should not ignore:

- Shortness of breath that isn't related to usual exercise or activity
- Increased swelling of the legs or ankles
- Significant weight gain over a few days
- Swelling or pain in their tummy
- Trouble sleeping or waking up short of breath
- A dry, hacking cough
- Increasing tiredness or feeling tired all the time

If you or someone you know needs help with day-to-day living because of illness or disability, the NHS website explains your options and where you can get support. Scan the QR



code to find the NHS social care and support guide.



If you're caring for someone with a long-term condition Carers' Resource offer information and support. Scan the QR code to visit the website or call 0808 50 15 939



Planning For The Future

Work

If you are well enough, it is important to keep working for as long as you feel able. With the right support, staying in work can make you feel better and give you financial security.

- Talk to your employer as soon as you feel that your condition is affecting your ability to do your job so that you can find a solution that suits both of you. For example, it may be possible for you to work part-time.
- The Disability Discrimination Act (DDA) requires employers to make reasonable adjustments to working practices or premises to help a person with a disability.
- Before leaving work, check whether there are benefits that you or your family may be entitled to. If necessary, your personnel department or manager should be able to help you make enquiries.

The Equality Act 2010 requires employers to make reasonable adjustments to working practices or premises to help a person with a disability.

Call Disability Advice Bradford: 01274 594 173. (Mon & Tues mornings)



Scan the QR code for benefits advice from the Citizens Advice Bureau, or call 0844 245 1282

Scan the QR code for benefits and welfare advice on the Bradford Council website



Scan the QR code for a benefits check with the Jobcentre Plus

Scan the QR code for information about benefit calculators



Where to find support

Find out which services may be available to you. Even if you don't need them now, they may be useful in the future. By using the services that you are entitled to, you can ensure that those closest to you don't have to take on all the responsibility for helping you.

Find out what services can be arranged through your doctor or consultant. Living Well advisors or social prescribers may also be able to help you get support.

Living Well

Supporting people in Bradford district to live healthier, more active lives. Call: 01274 438884.



Living Well Quick Links:

Advisor Service



Free, friendly advice and non-judgemental support for anyone needing a little

extra help to start making lifestyle changes. Where to start, what to do next, and signposting to other useful resources and services.

Stop Smoking Service



Free confidential 1:1 support to motivate people to quit smoking with a wide

range of options to help combat cravings, including free 12 week vaping kits and prescribed NRT medications.

Weight Management Support



12 weeks free access to weight management groups including Slimming World,

APNA Healthy Living and The Brotherhood supporting people to lose weight in a healthy way. (New members only. Offers subject to change).

BEEP Exercise Referral Service



A free physical activity referral service encouraging people who

are inactive, to become more active with a 52 week support programme. Also a great option for people living with a long term health condition.



✉ hello@mylivingwell.co.uk

☎ 01274 438884

The wording in this leaflet can be made available in other formats such as large print and Braille.

Please call 01274 438884.

mylivingwell.co.uk

