Daily Weight Diary



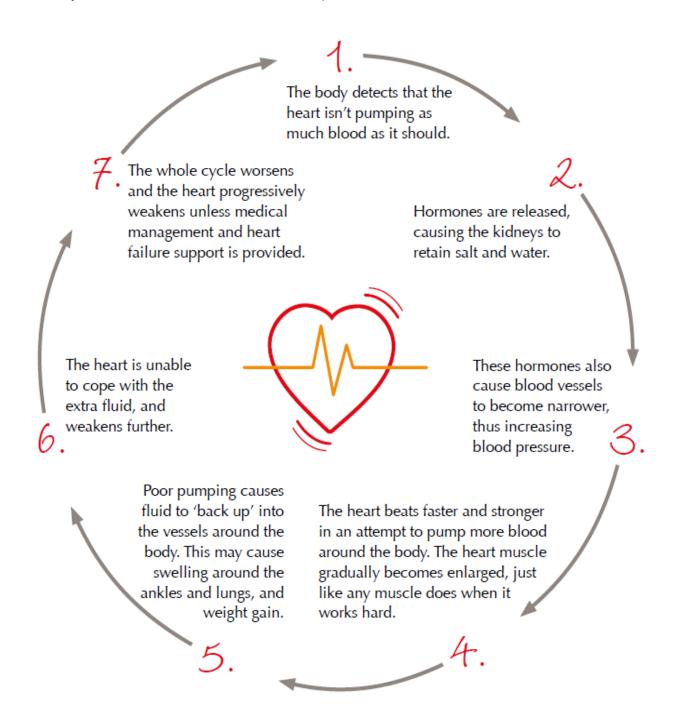
Managing Your Heart Failure



Week Beginning	Monday weight	Tuesday weight	Wednesday weight	Thursday weight	Friday weight	Saturday weight	Sunday weight

The heart failure cycle

Following the initial 'trigger' for heart failure (e.g. heart attack), the heart has difficulty delivering sufficient blood throughout the body. The body's attempts to fix the problem ultimately become counter-productive. The diagram below illustrates the sequence of events and the vicious cycle that often occurs.



My Notes

Your Heart Failure Support Service

Heart Failure Nurse

Heart Failure education,
Monitoring & Management,
Phone Follow Up & Support

Physiotherapist

Education & Home exercise programs,
Phone follow up

You

Pharmacist

Medication Education, Medication Review & Management support, Phone follow up

Heart Failure Rehab Gym

Exercise and Education Program offered at TPCH Community Health and Northlakes Community Health

Your Medical Team

Regular medical care with your GP & Primary Care Team,

Specialist Medical care in the hospital setting

