Using Krames On Demand Patient Education Resources

1. Put patient’s name on Healthsheet or Discharge Instruction Sheet

2. **Personalize** the section with information that is **individualized for that patient**.

   **Coping with Heart Failure**
   
   It’s normal to feel sad or down at times when you’re living with heart failure. (This condition is also called congestive heart failure, or CHF.) Some medications can also affect your mood. Following your treatment plan may seem like a lot to remember. If you feel overwhelmed, just focus on one day at a time. Don’t be afraid to ask others for help when you need it.

   **Ways to Feel Better**
   
   Try not to withdraw from family and friends, even if you are finding it hard to talk to them. They can still be a good source of support. To feel better, you can also:

3. You can see now on the printed sheet that the patient name and the personalized instructions are visible. This is the sheet that the patient receives. (See next page)

4. If you look at the receipt that printed (page 3 of this document), you will see that the patient’s name and the personalization are included on the receipt, along with the sheet that was printed for the patient.
   
   This is a permanent part of the patient record. This document must have a patient label affixed to it and document placed in the patient’s paper chart. HIM will scan in when chart is closed out.
Coping with Heart Failure

It’s normal to feel sad or down at times when you’re living with heart failure. (This condition is also called congestive heart failure, or CHF.) Some medications can also affect your mood. Following your treatment plan may seem like a lot to remember. If you feel overwhelmed, just focus on one day at a time. Don’t be afraid to ask others for help when you need it.

Ways to Feel Better

Try not to withdraw from family and friends, even if you are finding it hard to talk to them. They can still be a good source of support. To feel better, you can also:

- Spend time doing things you enjoy. This may include participating in a favorite hobby, meditating, praying, or spending time with people you care about.
- Share what you learn about heart failure with the people in your life. Invite family members along when you visit your healthcare provider.
- Think about joining a support group for people with heart failure. It may be easier to talk to people who know firsthand what you’re going through. They can offer advice and share stories. You may want to ask loved ones to join you for a meeting.

Asking for Help

Having heart failure doesn’t mean that you have to feel bad all the time. Consider talking to your healthcare provider or a therapist if:

- You feel worthless or helpless, or are thinking about suicide. These are warning signs of depression. Treatment can help you feel better. When depression is under control, your overall health may also improve.
- You feel anxious about what will happen to you or your loved ones if your health gets worse. Taking care of legal arrangements, such as a living will and durable power of attorney, can help you feel more secure about your and your loved ones’ futures.

Notes: Personalize this section with information that is individualized for this patient. This is not customizing.
Patient Notes and Instructions: 5/1/2012 3:41:54 PM Central Daylight

Patient’s Name: Ted E. Bear

Notes: Personalize this section with information that is individualized for this patient. This is not customizing.

86175 - Coping with Heart Failure