

AMBER: Stay Alert

Suitable for PIFU help and support.
Contact the PIFU service for advice

- Weight increase by four pounds or two kilograms over 3 days AND feeling more breathless than usual
- Leg swelling
- Breathless at night
- Needing more pillows to sleep
- Less active than usual
- Feeling muddled.

RED: Take Action

Not suitable for contacting the PIFU service. Urgent advice from GP or dial 999 or NHS 111 out of hours

- Severe breathlessness
- Chest pain
- Palpitations or feelings of having a fast-beating, fluttering or pounding heart.
- Blackouts/ syncope
- Symptoms of infection
- Other medical conditions worsening
- Transient loss of consciousness
- Feeling confused about medication
- Diarrhoea or vomiting for more than 24 hours.



Brent Community Heart Failure

PIFU contact details:

Brent Community Heart Failure Clinic
150 Hilltop Avenue, Harlesden,
London, NW10 8RY

Tel: 0208 102 3456,
option 2 then option 8

For more information visit
[pumpingmarvellous.org/
heart-failure-guide](http://pumpingmarvellous.org/heart-failure-guide)

NHS

Central London
Community Healthcare
NHS Trust

Brent Community Heart Failure Patient Initiated Follow up (PIFU)



Patient information leaflet

Patient Initiated Follow-Up (PIFU) describes a system in which you or your carer can initiate follow-up appointments when you need one. Empowered to take charge of your health, you should initiate follow-up when you notice changes in heart failure signs or symptoms. This ensures that heart failure specialist nurses can quickly see you before your condition worsens.



GREEN: Keep Watch

Suitable for PIFU help and support. Contact the PIFU service for advice if necessary

- Weight has increased/or not increased by four pounds or two kilograms over three days but no more breathless than usual
- Ankles no more swollen than normal
- Active, and mobile as normal.

What are the symptoms/ signs of worsening heart failure?



Swelling of your feet, legs, ankles, or abdomen:

If your heart is unable to pump enough blood to your kidneys, they may fail to remove any extra water and salt from the body in the form of urine. This extra water can build up in different parts of your body, like your legs and abdomen, and cause them to swell.



Sudden weight gain:

If you see a rapid weight gain, it could mean that you are retaining extra water within your body. An increase of 2 kg (or 4 pounds) over three days could suggest that you are probably holding extra fluid in your body. However, slow weight gain over a couple of weeks or months is most likely related to an increase in body muscle or fat.



Fatigue (feeling unusually tired and weak):

Fatigue is a common symptom in any long-term medical condition. Fatigue can be caused by your muscles not getting enough oxygen. It could also be due to a lack of adequate physical activity or sleep, or it may be a side effect of your medications. However, feeling unusually fatigued and weak could indicate worsening heart failure.



Feeling breathless or coughing:

These problems can arise when there is a buildup of fluid in the lungs. You may feel more breathless while carrying out normal activities such as walking or climbing stairs, and you may even find it difficult to lie flat.

Some find that the breathing gets worse at night, and they may wake up from sleep with coughing and shortness of breath. This could be a warning sign of worsening heart failure, and you must contact us as soon as possible.



Light-headedness or dizziness:

This is very common in people who have heart failure. It is mainly caused by your brain not receiving adequate oxygen from the blood. Other possible causes include: a side effect of your medication; anxiety; abnormal heart rhythms; getting up too quickly; low blood pressure; not drinking enough fluid; and becoming dehydrated.

Important flash message can go here
dial 999