



Congestive Heart Failure (CHF) Education Plan

Nursing (by end of Week 2)

- Review pages 2 to 13 “Understanding Heart Failure”

Date: _____ Printed Name: _____ Signature: _____.

Nursing (by end of Week 4)

- Review pages 39 to 48 “Dealing with Stress and Emotions”
- Review pages 49 to 55 “Caregiver Tips, Resources”

Date: _____ Printed Name: _____ Signature: _____.

Physiotherapist

- Review pages 13 to 29 “Exercise and Energy Conservation

Date: _____ Printed Name: _____ Signature: _____.

Dietitian (1st visit)

- Review pages 29 to 39 “Nutrition Section”

Date: _____ Printed Name: _____ Signature: _____.

Book Reference: “Living well with Heart Failure” (PD 8452) Hamilton Health Sciences and St. Joseph’s Healthcare Hamilton Regional Resource

