

Discharge Instructions After Your Heart Attack

Activity:

- Your resting heart rate is:_____.
- Your upper limit heart rate is:_____.
- You may do light activity around the house as you were ding in the hospital, washing, dressing, walking ion level ground outside.
- Keep your exercise at a level where you can carry on a conversation. If you are too short of breath to talk, slow down.
- If you are using the "Dyspnea Index" or "Borg Scale" to monitor your activity, stay below the upper limit given to you by the physical therapist.
- Decrease or stop if you have fatigue, shortness of breath, chest pain, dizziness, light headedness, "funny" heart beats, excessive sweating, pulse at upper limit.
- Slow down in very hot, cold or muggy weather or during heavy air pollution.
- At home:
 - Increase your walking distance first, speed later
 - Your heart rate should stay at or below your resting heart rate. Your heart rate can safely increase 20 beats above your resting heart rate and not greater than 110 beats per minute (28 beats when counting for 15 seconds).
 - Avoid: lifting more than 10-20 pounds, vigorous arm movements, and any activity which increases your heart rate above your limit.

Sexual Activity:

- Sexual activity should be considered like any activity discussed above. It is safe to resume following a heart attack. Many patients and partners have questions about sex after a heart attack. Please feel free to talk with your nurse or doctor about your questions and concerns.

Diet: Eat Heart Healthy... Changing the way you eat can lower your cholesterol, blood pressure, and weight. Just follow these steps:

Eat less fat and salt

- Choose poultry (no skin), fish, lean cuts of beef, and pork.
- Choose non or low fat milk and dairy products.
- Limit egg yolks to 3 per week. Many recipes can be made with egg whites or with egg substitutes.
- Avoid foods containing palm and coconut oils or hydrogenated oils.
- Instead of salt, season your food with herbs and flavorings such as lemon, garlic, and onion.

Eat more fiber:

- Eat fresh fruits and vegetables.
- Eat whole grain or bran cereals for breakfast instead of eggs and bacon or pastry.
- Oats, beans, bran, whole-train bread, and wheat germ are excellent sources of fiber.

Smoking: If you smoke, now is the time to stop smoking. If you have just stopped, congratulations! It is especially important to stay off. The tar and chemicals in cigarette smoke are harmful and may have contributed to your heart disease. You will feel better, breathe easier, and be healthier off cigarettes. Your doctor can help you stop smoking and stay off. Talk to him or her about this at your next visit. You can also get more information about smoking cessation by calling the American Lung Association at: 1-800-586-4872 or 415-885-3693.

*CPR classes are offered in the community and through our UCSF CPR Center. Schedule a class by calling 476-1817.

Recovery After Your Heart Attack



After your heart attack:

Call 911 or go to the emergency room immediately for:

- Severe chest pain or tightness not relieved by nitroglycerin
- Fainting
- Extreme shortness of breath at rest

If you have chest pain:

- Stop your activity and rest. Take your daily aspirin.
- If you have nitroglycerin, put 1 tablet under tongue and wait 5 minutes.
- If you still have pain put 1 more tablet under tongue and wait 5 minutes.
- If you still have pain take 1 more tablet. Call 911 and go to emergency room if your pain persists. (Take no more than 3 tablets each 5 minutes apart.)

Notify your physician for:

- New chest pain or change in your usual pattern of chest pain.
- Shortness of breath with less activity than usual or at rest.
- Pounding or new onset of irregular heart beat
- Dizziness or light-headedness, especially with nausea or vomiting
- Persistent fatigue
- Other:_____

Common Terms

Cardiac Catheterization . . . Procedure to visualize blood flow through the blood vessels in your heart

Angioplasty: Procedure to open a blockage in your blood vessels by using a small bal-loon catheter.

Stents: Small tubes which are placed in your blood vessel to help keep it open.

Thrombolytics: Intravenous blood thinning medicines to break up blood clots in one of your heart blood vessels.

This booklet describes a general guideline for your care. It tells you what you and your family can expect during your hospital stay We hope it gives you information which will be helpful in planning your recovery. The plan will be reviewed with you by your doctors and nurses. Please feel free to ask any questions.

Date:

	Day 1 — Intensive Cardiac Care (ICC) or 10 Long	Day 2 — 10 Long	Day 3 — 10 Long	Day 4 — Discharge
Getting Ready to Go Home		<ul style="list-style-type: none">Social worker or clinical nurse specialist will visit you and your family to help you understand your recovery process and assist with your discharge home.	<ul style="list-style-type: none">Outpatient cardiac rehab referral discussed with you.Your home needs will be evaluated.Identify who will drive you home.	<ul style="list-style-type: none">Learn how to schedule a CPR class* for you and your family.Home care services referral made if needed.Make sure you know who to call if you have problems.
Tests	<ul style="list-style-type: none">Electrocardiogram (EKG)Blood testsEchocardiogram	<ul style="list-style-type: none">EKGBlood TestsTransfer to 10 Long	<ul style="list-style-type: none">EKGBlood TestsMay have test of heart function, e.g., treadmill or other.	
Monitoring	<ul style="list-style-type: none">Heart monitorVital signsWeightOxygen saturation	<ul style="list-style-type: none">Heart monitor (portable)Vital signsWeightOxygen saturation	<ul style="list-style-type: none">Heart monitor (portable)Vital signsDiscontinue daily weightOxygen saturation	<ul style="list-style-type: none">Go home today.
Lines/Tubes	<ul style="list-style-type: none">IV startedFluids infused through vein.Urine tube (sometimes)	<ul style="list-style-type: none">IV capped off.Urine tube discontinued.IV fluids discontinued.	<ul style="list-style-type: none">IV Capped off.	<ul style="list-style-type: none">IV discontinued.
Medications Treatments Procedures	<ul style="list-style-type: none">Angioplasty or Thrombolytics.Aspirin.IV heart medicationsIV blood thinner.Stool softener.Oxygen.Pain — tell your nurse.	<ul style="list-style-type: none">Possible angioplasty balloon procedure today/tomorrow.Aspirin.IV Heart meds changed to oral.IV blood thinner discontinued.Stool softener.Oxygen — if needed.Pain — tell your nurse.	<ul style="list-style-type: none">Aspirin.Oral heart medications.Stool softener.Oxygen discontinuedPain — tell your nurse.	<ul style="list-style-type: none">Aspirin.Oral heart medications.Other medicationsRefer to complete list provided by your nurse o pharmacistPain — tell your nurse.
Nutrition	<ul style="list-style-type: none">Heart Healthy Diet: Low fat Low cholesterol Low salt	<ul style="list-style-type: none">Heart Healthy Diet: Low fat Low cholesterol Low saltDietitian may visit you today or tomorrow.	<ul style="list-style-type: none">Heart Healthy Diet: Low fat Low cholesterol Low saltDietitian may visit you today or tomorrow.	<ul style="list-style-type: none">Home on Heart Healthy Diet as described on back page.
Activity	<ul style="list-style-type: none">BedrestCommode	<ul style="list-style-type: none">Begin self care with a nurse s helpSleep through night.Physical therapy will begin cardiac rehabilitation	<ul style="list-style-type: none">Self care aloneWalk in hall 3 times with assistance.Work with physical therapy.	<ul style="list-style-type: none">Shower.Walk in hall independently
Teaching	<ul style="list-style-type: none">Orientation to ICC or 10 Long.Learn what a heart attack really is.Learn about using a pain scale to describe your pain and pain relief.	<ul style="list-style-type: none">Orientation to 10 LongLearn more about your heart attack.Discuss your risk factors with nurse/doctor.Begin learning about diet and activity.Learn about new medications.	<ul style="list-style-type: none">Learn how to take pulse and count heart rate.Identify healthy food choices.Identify your risk factors.Verbalize what to do if symptoms return.	<ul style="list-style-type: none">Verbalize our understanding of medication.Verbalize and demonstrate your understanding of discharge instructions.Medical follow-up.Program referrals for:<ul style="list-style-type: none">Outpatient Cardiac Rehab.Smoking Cessation.