

Welcome to Hearts at Home

A special program for patients with heart failure



Heart failure, sometimes known as congestive heart failure, occurs when your heart muscle doesn't pump blood as well as it should. Certain conditions, such as narrowed arteries in your heart (coronary artery disease) or high blood pressure, gradually leave your heart too weak or stiff to fill and pump efficiently.

Medications and other treatments can improve the signs and symptoms of heart failure and help you live longer. Lifestyle changes – such as exercising, reducing salt in your diet, managing stress and losing weight – can improve your quality of life.

The Hearts at Home Program is designed to provide you with the nursing care and support you need to control your heart failure symptoms so you can feel better and manage well at home.

The program includes:

- Teaching to help you understand heart failure and what you can do to help control symptoms
- Diet and nutritional counseling to show you how to reduce the amount of salt in the foods you eat
- Tips on how to exercise and stay as active as possible
- Educational materials you can refer to when you have questions about your heart failure
- Information about what to do if your heart failure symptoms get worse
- Regular monitoring of your vital signs – weight, heart rate, oxygen level and blood pressure

If you have questions about the Hearts at Home program be sure to ask your primary nurse, or call 978-552-4045.



Home Health VNA

Affiliated with Merrimack Valley Hospice and HomeCare, Inc.