

How do I get an appointment at the Clinic?

If your doctor, nurse practitioner, or another health professional has asked us to see you for education and/or care, we call you to arrange your first appointment. We try to see you at the Heart Function Clinic nearest you.

If you wish to attend the education sessions on your own, just call the Heart Function Clinic nearest you (choose from the locations listed on the front).

Planning your first visit:

- Try to arrive at least 15 minutes early.
- Plan on being in the Clinic up to 2 hours.

What to bring:

- your BC CareCard (personal health card)
- all your medications in their original containers
- a list of all your doctors and their phone numbers

Our goals are to help you to:

- ✓ Slow the progress of your heart failure
- ✓ Manage your heart failure symptoms
- ✓ Stay out of the hospital
- ✓ Improve your quality of life and live longer

We want you to enjoy your life as much as possible.

Where can I get more information on heart failure?

Ask your healthcare provider for education materials about heart failure or go to www.bcheartfailure.ca. Go to the section 'For Patients and Families' and select from the list.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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Heart Function Clinic

For people with heart failure



Heart Function Clinics in Fraser Health

Abbotsford Regional Hospital and Cancer Centre	32900 Marshall Road, Abbotsford 604-851-4700 ext. 642631
Burnaby Hospital	3935 Kincaid Street, Burnaby 604-412-6440
Jim Pattison Outpatient Care and Surgery Centre	9750 140 th Street, Surrey 604-582-4584
Ridge Meadows Hospital	11666 Laity Street, Maple Ridge 604-463-4111 ext. 552077
Royal Columbian Hospital	330 East Columbia Street, New Westminster 604-528-5073



What is heart failure?

When your heart is not pumping as strongly as it should, we call it 'heart failure'. Your heart cannot pump the right amount of blood, oxygen, and nutrients that your body needs to work properly.

Heart failure usually gets worse over time. While heart failure cannot be cured, you can learn to live an active, healthy life.

Who is the Heart Function Clinic for?

Our Clinic offers both heart failure education and care.

Heart failure education: Anyone whose doctor has said they have heart failure can come and learn how to live with heart failure.

Heart failure care: Some people are sent to the Clinic by their doctor or nurse practitioner to have their heart failure treatment or medications reviewed and monitored.

What does the Heart Function Clinic do?

You can expect us to:

- ✓ Monitor your heart and general health.
- ✓ Arrange for various heart tests.
- ✓ Review your medications and treatments, adjusting them if needed.
- ✓ Teach you how to manage your heart failure and keep you as healthy as possible.
- ✓ Support you and your family in making changes in your life to improve your health such as increasing activity and exercise, and changing eating habits.
- ✓ Regularly update your family doctor on your condition.

Between Clinic visits, we might:

- Ask you to go for extra blood tests.
- Phone you to see how you are managing at home.
- Suggest you to see a registered dietitian or attend an exercise program.

How often you come us depends on your health and what help you need. Once we feel you no longer need our support, your family doctor or heart specialist (cardiologist) takes over looking after your heart failure.

What will I learn in the education sessions?

We teach you about:

- The heart medications you are taking
- Healthy eating and activity habits
- Any changes to your lifestyle you need to make
- What to watch for when your heart is not working as well as it should
- When to get help
- Who to call when you need help

Education sessions are offered either one-to-one or in a group setting.

Who is involved in my care?

Our team includes registered nurses and doctors with advanced education in caring for people with heart failure. Your care team might also include nurse practitioners, dietitians, social workers, mental health therapists, and/or physiotherapists.