

## Survival Skills Checklist

This survival skills checklist is designed to help you through the days between discharge from the hospital and your follow up visit with your doctor.



### What you should know about your heart medications!

*Medications that may have been prescribed by your doctor:*

- Beta-blocker: will reduce the workload on your heart by lowering your heart rate and blood pressure.
- Statin: will help to lower your cholesterol, especially your LDL cholesterol.
- ACE Inhibitor: will help to lower your blood pressure and may be prescribed if you have heart failure.
- Aspirin and other anti-platelet drugs: help to reduce the risk of a blood clot, which can help to reduce the risk of a heart attack or stroke.
- Nitroglycerin: is a pill or spray, applied under the tongue if you are experiencing chest pain.

*Be sure to take all medications as prescribed, and report any side effects immediately to your doctor.*



### What numbers and symptoms do I need to monitor?

- Numbers refer to your heart rate and blood pressure. You can track your numbers with [www.heart360.org](http://www.heart360.org), or on a sheet of paper. Have your doctor go over what your resting heart rate numbers should be and tell you when and how often to check them and when you need to call 911.
- Symptoms are how you feel. Report any episode of chest pain to your doctor. Discuss with your doctor what to do immediately if you experience chest pain. Report any symptoms to your doctor.



### When should I follow up with my doctor?

You should schedule your follow visit with your doctor before leaving the hospital.



### What do I eat?

Your doctor may recommend certain dietary changes for you. Generally, a healthy diet will be part of the plan and may include these suggestions:

- Consume a dietary pattern that emphasizes intake of vegetables, fruits, and whole grains.
- Include low-fat dairy products, poultry, fish, legumes, nontropical vegetable oils and nuts.
- Limit intake of sweets, sugar-sweetened beverages and red meats.
- Drink no more than 36 oz. of sugar sweetened beverages per week.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, drink in moderation; that means one drink per day if you're a woman and two drinks per day if you're a man.



### What about physical activity and exercise?

Ask your doctor when you can begin a physical activity program. Your doctor can help you find a program suited to your needs and physical condition and may refer you to a formal cardiac rehabilitation program to help you learn to be active safely. You may also need an exercise stress test before you become active again. Before you leave the hospital, ask your doctor when you can begin a physical activity program. Many doctors recommend walking as a good form of exercise. You can track your walking using the log on the next page.



### What is Cardiac Rehab?

Cardiac Rehab is program of monitored exercise therapy to ensure that you are exercising safely and effectively. Cardiac rehab has been shown to reduce the risk of death by 50%.



### Where do I find more information?

For more information on your condition, go to [www.heart.org/Conditions](http://www.heart.org/Conditions) for more details.

For monitoring and tracking, sign up for Heart360 at [www.heart360.org](http://www.heart360.org)

For information on Life's Simple 7, go to <http://mylifecheck.heart.org>

*Bring this log with you to your appointment with your doctor or your Cardiac Rehab session.*

## Walking Log

Date	Time	Activity	Heart rate	Blood pressure	Distance walked	Notes

## Use of Medications

Name	Dose	How often	What is it for?	Side effects

## Appointment for follow up with my doctor

Date	Time	Location	Appointment with

## Appointment for Cardiac Rehabilitation

Date	Time	Location	Appointment with

## Questions for my doctor

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