Other names:
- Congestive heart failure, chronic heart failure or CHF
- Left or right-sided heart failure
- Systolic heart failure
- Diastolic heart failure or heart failure with preserved systolic function

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at
http://www.umcvc.org/mardigian-wellness-resource-center
and online Information guides at http://infoguides.med.umich.edu/home

**Brochures, Fact Sheets**
- American Heart Association.
  - Healthier Living with Heart Failure: Managing Symptoms and Reducing Risk
    http://www.ksw-gtg.com/aha-heartfailure
  - HF and Your Ejection Fraction Explained
    https://tinyurl.com/y55o6uul
  - How Can I Live with Heart Failure?
    https://tinyurl.com/y5bjvrea
  - Self-Check Plan
    https://tinyurl.com/yyuszxqu
  - What is Heart Failure?
    https://tinyurl.com/yxz5eblg

- Heart Failure Society of America.
  A series of 11 educational modules available at
http://www.hfssa.org/patient/patient-tools/educational-modules/
  - Taking Control of Your Heart Failure
  - How to Follow a Low-Sodium Diet
  - Heart Failure Medicines
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- Self Care: Following Your Treatment Plan and Dealing with Your Symptoms
- Exercise and Activity
- Managing Feelings About Heart Failure
- Tips for Family and Friends on Heart Failure
- Managing Other Chronic Conditions
- Advance Care Planning
- Heart Rhythm Problems
- Clinical Trials

Books
- Quinn, Campion. 100 Questions and Answers about Congestive Heart Failure. Sudbury, Mass.: Jones and Bartlett, 2008.

Audiovisual Resources
University of Michigan Cardiovascular Center Heart Failure Program. In these videos Dr. Todd M. Koelling teaches patients healthy living with heart failure.
  - Healthy Living with heart failure: Self-Care Skills You Need to Know
  - Healthy Living with Heart Failure: Your Nutrition Matters
  - Healthy Living with Heart Failure: Your Nutrition matters – Quiz
Access at: http://www.med.umich.edu/careguides/
  → Type “heart failure videos” in the search box

Apps
- HF Path App – American Heart Association
  A self-management tool that empowers heart failure patients to better manage and live with their condition.

- ManageHF – Michigan Medicine Heart Failure Program
  This App is full of helpful information, videos and educational materials designed to help patients manage their heart failure, decrease symptoms and prevent admission to the hospital. Cost is $0.99. Available for iTunes and Android.
  Apple
  Google Play

Web Resources
- American Association of Heart Failure Nurses Together in HF: Resources
  https://www.togetherinhf.com/resources
  Includes resources on heart failure diet, support services, and learning how to live with heart disease.
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• **American Heart Association: Heart Failure**
  www.heart.org/
  → Click on “Conditions”
  → Select: “Heart Failure”
  This site includes information on understanding heart failure, risk and warning signs, treatment options, living with heart failure, tools, resources and personal stories.

• **Cardiosmart.org: Heart Failure and Heart Failure Therapy**
  http://www.cardiosmart.org/
  → Click on “Heart Conditions” and
  → Select “Heart Failure” from the list
  Provided by the American College of Cardiology this site has detailed overviews of heart failure and treatments including treatment guidelines and downloadable Management Workbook.

• **Heart Failure.org**
  http://www.heartfailure.org/
  This site offers detailed illustrations and explanations of how the heart works, what happens when it fails, and living with congestive heart failure.

• **Heart Failure Society of America**
  http://www.hfsa.org/
  The centerpiece of this site is a series of 11 educational models covering different topics of interest to people with heart failure and their families.
  The models can be viewed online or downloaded and printed as a booklet.
  The site also features a questions and answers section.

• **National Heart, Lung, and Blood Institute: Heart Failure**
  http://www.nhlbi.nih.gov/
  → Click on “Health Topics”
  → Click on “H”
  → Click on “Heart Failure”
  Includes basic information on what heart failure is, including causes, risk factors, symptoms, diagnosis, and treatment.
• **UpToDate - Patient information: Heart failure**
  http://www.patients.uptodate.com/
  → In the search box type in “Heart Failure”

  These detailed, comprehensive overviews are based on professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

**Michigan Medicine Resources**

• **Care Guides from Your Michigan Medicine Clinician: Heart Failure**
  http://careguides.med.umich.edu/heart-failure

  Michigan Medicine Patient Education Clearinghouse is a resource with videos, websites and handouts created or endorsed by University of Michigan clinicians.

• **Michigan Medicine Frankel Cardiovascular Center Heart Failure Program**
  http://www.umcvc.org/medical-services/heart-failure

  This program offers team-based care for heart failure from all causes and in all stages, including:
  - Consultation with cardiologists specializing in heart failure care
  - Heart failure patient management by cardiologists working with a nationally recognized nurse telemanagement program
  - Cardiac surgeons with expertise in surgical treatments for heart failure, including valve surgery, coronary bypass, left ventricular myoplasty, mechanic assist devices and heart transplantation.
  - Post heart transplantation patient care

• **The Preventive Cardiology program** at Domino’s Farms offers a number of relevant program and services. For more information access: http://www.med.umich.edu/cvc/adult/serpre.htm or call: 734.647.7321
• **Tobacco Consultation Service**  
  Group and individual quit-smoking programs. 
  For more information access:  
  [http://hr.umich.edu/mhealthy/programs/tobacco/](http://hr.umich.edu/mhealthy/programs/tobacco/) or call (734) 998-6222 or email quitsmoking@med.umich.edu

**Patient Support Organizations**

• **American Heart Association**  
  [http://www.heart.org/](http://www.heart.org/)  
  1-800-242-8721

• **The Mended Hearts, Inc.**  
  Information Line: 1-888-432-7899

**Low Sodium Resources for Patients and Families:**

**Brochures, Fact sheets**

• Heart Failure Society. **How to Follow a Low Sodium Diet.**  
  → Click on Module 2

**Books** – available for check out at the Wellness Resource Center


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- Shasta Press. *The Low Sodium Cookbook: Delicious, Simple and Healthy Low-Salt Recipes.*


Web Resources
- Nutrient lists from the USDA (United States Department of Agriculture) [http://ndb.nal.usda.gov](http://ndb.nal.usda.gov)
  - Click on “Start Your Search Here”
  - Click on “Nutrient Search” then select a nutrient (sodium, potassium etc.) for a list of selected foods with their nutrient content. Lists may be arranged by nutrient value or alphabetically by food.

Michigan Medicine Resources
- Nutrition services at the University of Michigan Frankel Cardiovascular Center
  Registered dietitians with expertise in heart failure provide personalized consultations to patients and families. Dietitians work with patients to develop eating plans tailored to specific needs, preferences and lifestyles. To schedule an appointment call the CVC call center at 888-287-1082 or 734.647-7321.

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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