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 (HFpEF)
- Heart failure with reduced ejection fraction (HFrEF)

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

**Michigan Medicine Resources**

- Care Guides from Your Michigan Medicine Clinician: Heart Failure
  [http://careguides.med.umich.edu/heart-failure](http://careguides.med.umich.edu/heart-failure)

Michigan Medicine Patient Education Clearinghouse is a resource with videos, websites and patient education handouts created or endorsed by Michigan Medicine clinicians. Patient education handouts include materials on:

- Heart Failure Basics
- Medications
- Diet & Nutrition
- Sodium
- Fluid Management
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- Symptom Monitoring
- Activity
- Healthy Lifestyle
- Emotional health and caregiving

Videos include:

- Commonly Prescribed Medications for People with Heart Failure
- Heart Failure Diet: What is a Fluid Restrictions?
- Heart Failure Diet: What is a Sodium Restriction?

- Michigan Medicine Frankel Cardiovascular Center Heart Failure Program

  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 tele-management program
  - Cardiac surgeons with expertise in surgical treatments for heart failure, including valve surgery, coronary bypass, myectomy, mechanical assist devices and heart transplantation.
  - Post heart transplantation patient care

- 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.
• **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services.
  For more information:
  [http://www.med.umich.edu/cvc/adult/serpre.htm](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

**Brochures, Fact Sheets**

• American Heart Association.
  o **Healthier Living with Heart Failure: Managing Symptoms and Reducing Risk**
  o **HF and Your Ejection Fraction Explained**
    [https://tinyurl.com/y55o6uul](https://tinyurl.com/y55o6uul)
  o **How Can I Live with Heart Failure?**
    [https://tinyurl.com/y42ae4pt](https://tinyurl.com/y42ae4pt)
  o **Self-Check Plan**
    [https://tinyurl.com/yx4ju5c7](https://tinyurl.com/yx4ju5c7)
  o **What is Heart Failure?**
    [https://tinyurl.com/y6mzdcrm](https://tinyurl.com/y6mzdcrm)
Heart Failure Society of America.
A series of 11 educational modules available at:
https://hfsa.org/heart-failure-educational-modules
  o Taking Control of Your Heart Failure
  o How to Follow a Low Sodium Diet
  o Heart Failure Medicines
  o Self Care: Following Your Treatment Plan and Dealing with Your Symptoms
  o Exercise and Activity
  o Managing Feelings About Heart Failure
  o Tips for Family and Friends on Heart Failure
  o Managing Other Chronic Conditions
  o Advance Care Planning
  o Heart Rhythm Problems
  o Clinical Trials
    Need to create an account and login to view modules.

Books


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


Audiovisual Resources

Heart Failure Society of America. Living with Heart Failure: A Guide for Patients. https://youtu.be/tP79YHgMmMg

Michigan Medicine Heart Failure Videos: http://michmed.org/xoWNp
  o Commonly Prescribed Medications for People with Heart Failure
  o Heart Failure Diet: What is a Fluid Restrictions?
  o Heart Failure Diet: What is a Sodium Restriction?

Apps

HF Path App – American Heart Association
A self-management tool that empowers heart failure patients to better manage and live with their condition. Available for Android and Apple devices.
Heart Failure Health Storylines - Heart Failure Society of America –
https://tinyurl.com/y4g6xhjq
Developed in partnership with the Heart Failure Society of America, this app makes it easy to record your symptoms, vital signs, medications, and more to help you manage heart failure. Available for Android and Apple devices.

Web Resources

- American Association of Heart Failure Nurses Together in HF: Resources
  https://www.togetherinhf.com/group/4
  Includes resources on heart failure diet, support services, and learning how to live with heart disease.

- American Heart Association: Heart Failure
  www.heart.org/
  → Click on “Conditions”
  → Select: “Heart Failure”
  This site includes information on understanding heart failure, 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 a downloadable Management Workbook.

- **FoodData Central: Nutrient lists from the USDA** (United States Department of Agriculture)
  → 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.

- **Heart Failure.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: Patient Hub**
  [https://hfsa.org/patient](https://hfsa.org/patient)
  This site includes information for patients about heart failure risk factors, symptoms, and stages. Tools are available to help patients and caregivers.
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- National Heart, Lung, and Blood Institute: Heart Failure
  → Click on “Health Topics”
  → Click on “H”
  → Click on “Heart Failure”
  Includes basic information on heart failure, including causes, risk factors, symptoms, diagnosis, and treatment.

- UpToDate - Patient information: Heart failure
  → 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 heart failure.

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:

Books – available for check out at the Wellness Resource Center


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

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