LIST OF SYMPTOMS ASSOCIATED WITH THE MANAGEMENT OF HEART FAILURE

SYMPTOMS	FREQUENCY OF SYMPTOMS				
	Never	Sometimes	Often	Every Day	Not Applicable
Hypotension (blood pressure ≤90/60 mmHg)	☐	☐	☐	☐	☐
Orthostatic Hypotension (low blood pressure that happens when standing after sitting or lying down)	☐	☐	☐	☐	☐
Fatigue / **Weakness** / **Low Energy**	☐	☐	☐	☐	☐
Low Heart Rate (≤50 BPM)	☐	☐	☐	☐	☐
Light-Headed (dizziness) / **Vertigo**	☐	☐	☐	☐	☐
Cold Extremities (cold hands and feet)	☐	☐	☐	☐	☐
Dyspnea (shortness of breath or difficulty breathing)	☐	☐	☐	☐	☐
Depression / **Emotional Lability** (marked fluctuation in mood) / **Nightmares**	☐	☐	☐	☐	☐
Decreased Libido	☐	☐	☐	☐	☐
Nausea	☐	☐	☐	☐	☐

Additional questions:

1. Have you noticed any changes in your symptoms since your last medical visit?
   ☐ Deterioration ☐ Improvement ☐ No change

- If there have been any changes in your symptoms, do you think these are related to:
  - ☐ Your medication (Specify): _____
  - ☐ Your condition (Specify): _____
  - ☐ Other (Specify): _____

2. Would you like to discuss your symptoms with your healthcare professional?
   ☐ Yes ☐ No

To be completed by the healthcare professional

Have the symptoms been addressed with the patient?
☐ Yes ☐ No

- If yes, specify what actions have been taken:

_____

_____

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Patient Name: _____ Date: ____/____/____
(mm/dd/yyyy)

TITRATION STATUS (Select only 1 per drug class)	**MEDICATION CLASS**				
	ACEi/ARB ARNI	Beta Blocker	MRA	SGLT2 inhibitor	If inhibitor
No Indication	☐	☐	☐	☐	☐
Contraindicated	☐	☐	☐	☐	☐
Reason(s):	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
Not Tolerated	☐	☐	☐	☐	☐
Reason(s):	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
Ongoing Titration	☐	☐	☐	☐	☐
Maximum Tolerated Dose Achieved	☐	☐	☐	☐	☐
Reason for Suboptimal Dose:	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
Guidelines Target Dose Achieved	☐	☐	☐	☐	☐
Titration Completed (dd/mm/yyyy)	_____	_____	_____	_____	_____

Additional Notes:

_____

_____

_____

_____

This tool is available on the CHFS website in the section *Patient Resources,* under 'Tool for Heart Failure Management'. It can be found by scanning the QR code with your smart phone or by visiting https://heartfailure.ca/patient-resources/patient-resources