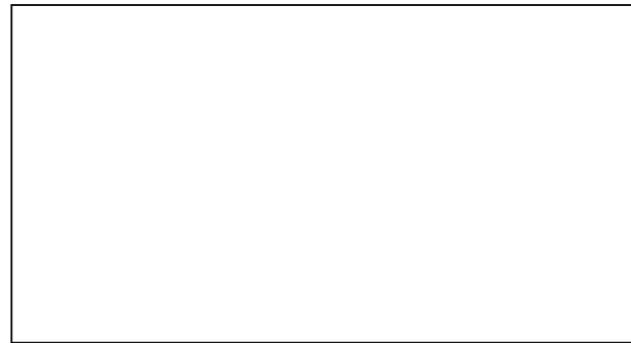


**DISCHARGE GUIDELINES
ANGINA OR HEART ATTACK PATIENTS**



<p>I HAVE BEEN GIVEN THESE GUIDELINES TO FOLLOW BECAUSE I HAVE HAD:</p> <p><input type="checkbox"/> A heart attack <input type="checkbox"/> Unstable angina</p> <p>I have also had these procedures:</p> <p><input type="checkbox"/> Angiogram <input type="checkbox"/> Angioplasty</p> <p>I have received information about:</p> <p><input type="checkbox"/> Recovering from an angiogram <input type="checkbox"/> Recovering from an angioplasty <input type="checkbox"/> The special stitch in my groin <input type="checkbox"/> N/A</p>	<p>Nurse's Initials</p>
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I WILL NEED TO:

<p>Take Medicine</p> <p><input type="checkbox"/> I understand that there are some medicines that may help to prevent a future heart attack and may help extend my life.</p> <p><input type="checkbox"/> I have received written information about these medicines.</p> <p><input type="checkbox"/> I have had instructions on what to do if I have chest discomfort or other heart attack symptoms.</p>	
<p>Quit Smoking</p> <p><input type="checkbox"/> I have never smoked or have been smoke-free for more than 6 months. <i>(Congratulations! Skip to Diet section)</i></p> <p><input type="checkbox"/> I smoke and have been advised to quit.</p> <p><input type="checkbox"/> I have been given medicine to help me quit smoking.</p> <p><input type="checkbox"/> I have been given information about quit smoking programs and aids.</p> <p><input type="checkbox"/> I understand that smoking is a major risk for getting more blockages in the heart arteries.</p> <p><input type="checkbox"/> I understand that continuing to smoke doubles my chances of having a future heart attack, and that smoking also causes other illnesses that may shorten my life.</p>	
<p>Eat a Heart-Healthy Diet</p> <p><input type="checkbox"/> I understand that a diet low in fats and salt may help lower my chance of having a future heart attack.</p> <p><input type="checkbox"/> I have received the Heart Centre Healthy Heart Diet information sheet.</p> <p><input type="checkbox"/> I know my blood lipid (fat) results.</p>	

If you initial this form, you must complete the Interdisciplinary Signature Sheet at the front of the patient chart.

Please Turn Over



**DISCHARGE GUIDELINES
ANGINA OR HEART ATTACK PATIENTS**



I WILL NEED TO:

<p>Exercise Regularly</p> <p><input type="checkbox"/> I have received activity instructions to follow for the next few weeks, until I start cardiac rehabilitation.</p> <p><input type="checkbox"/> I have been referred to a cardiac rehabilitation program (e.g. Healthy Heart) or given information about a program outside Lower Mainland.</p>	<p>Nurse's Initials</p>
<p>Learn about Heart Disease and Risks</p> <p>I have received written information about:</p> <p><input type="checkbox"/> Coronary artery disease and heart attack (Recovery Road)</p> <p><input type="checkbox"/> Angina (What is Angina?)</p> <p><input type="checkbox"/> A diagram of my own heart's circulation <input type="checkbox"/> NA</p> <p><input type="checkbox"/> How to reduce my own risks (Recovery Road)</p> <p><input type="checkbox"/> I know what to do if my symptoms come back.</p> <p><input type="checkbox"/> I know how to take my nitroglycerin when I have symptoms.</p>	
<p>Other notes about going home (e.g. home care needs and referrals)</p>	

I WILL NEED TO SEE MY DOCTORS:

<p>I should see my own family doctor within 2 weeks</p> <p><input type="checkbox"/> I have an appointment with _____ (cardiologist) on (date) _____ at (time) _____</p> <p>Other follow-up appointments:</p> <p>_____ at (date/time) _____ in _____ weeks</p> <p>_____ at (date/time) _____ in _____ weeks</p> <p>_____ at (date/time) _____ in _____ weeks</p>					
<table border="1"> <tr> <td>Discharging Nurse's Initials</td> <td>Date</td> <td>Patient Signature</td> <td>Date</td> </tr> </table>	Discharging Nurse's Initials	Date	Patient Signature	Date	
Discharging Nurse's Initials	Date	Patient Signature	Date		

Give one copy to the patient. Original copy stays on the health record.

Early Activity Guidelines for Heart Attack or Angina Patients

✦ To Start Immediately After Your Hospital Discharge

We **strongly** suggest you attend a cardiac rehabilitation program (such as a “Healthy Heart Program”). This type of program will help you learn:

- about your heart health and decrease the chance of more heart problems
- safe and heart-healthy activities, and how to return to your work and your hobbies

Ask your nurse, and also talk to your family doctor, about which cardiac rehabilitation program is best for you.

Until you start your cardiac rehabilitation program, you should follow these guidelines. Move ahead through the steps at your own pace. Take 2 to 7 days at each step. Whenever you increase your activity or add a new activity, always pay attention to how you feel. If you have any symptoms (unusual tiredness, shortness of breath, chest pain or dizziness), you must stop the activity and go back to the step at which you had no symptoms.

	At home	Walking
Step 1	<p>Get up and get dressed, take care of your own personal needs (warm bath or shower, making simple meals).</p> <p>Keep your activities ‘easy’, and for short amounts of time, with many rest periods.</p> <p>Do not lift, push or pull anything that weighs 10 lbs or more (e.g. vacuuming, laundry, groceries).</p>	<p>Walk around your home, go slowly on stairs.</p>
Step 2	<p>Slowly return to activities around the house that don’t involve a long time standing or using upper arms.</p> <p>Having sex –See the information you received in your discharge package.(“Sex and Heart Disease”)</p>	<p>Walk for 5 to 10 minutes at a time once or twice a day (e.g. a morning and an afternoon walk).</p> <p>Stay close to home, avoid hills.</p> <p>These walks should feel ‘light’ or ‘easy’.</p>
Step 3	<p>Do not drive or operate heavy equipment – check with your doctor about driving restrictions before leaving the hospital.</p> <p>You may be a passenger in a car for short trips. Someone will need to be with you the first time you are able to drive.</p>	<p>Over several days make your walks longer. For example, add 5 minutes every day or two.</p> <p>These walks should feel ‘easy’.</p> <p>Continue to walk once or twice a day.</p>
Step 4	<p>Slowly start the rest of your activities again.</p>	<p>When a 15-minute walk feels easy, you can increase your walking speed to a level that feels ‘moderate’ or ‘brisk’.</p> <p>Continue to lengthen your walks until you are walking a total of 30 to 60 minutes, every day.</p>

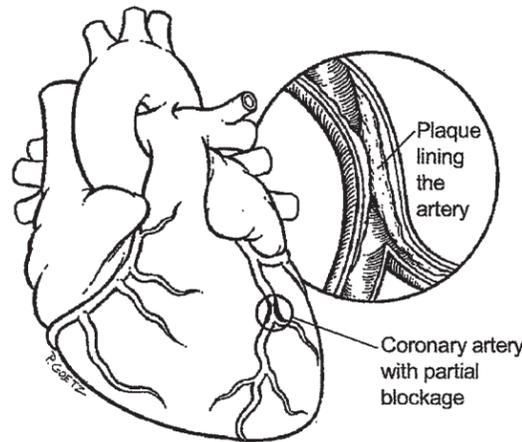
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What is Angina?

Angina is the chest pain or discomfort that occurs when your heart doesn't get as much blood and oxygen as it needs. Over time, the coronary arteries that supply blood to your heart can become clogged from a buildup of fats, cholesterol and other substances. This buildup is called plaque.

If one or more arteries are partly clogged, not enough blood can flow through, and you can feel chest pain or discomfort.

Angina is common. More than 6 million people in the United States have it. And while angina may not cause long-term heart damage, it's a sign of heart disease.



When a clogged artery keeps the heart from getting enough blood and oxygen, angina can occur.

What does angina feel like?

Angina usually lasts for just a few minutes. Here's how people say it feels:

- Chest feels tight or heavy.
- Pressure, squeezing or burning in chest.
- Discomfort may spread to arm, back, neck, jaw, or stomach.
- Numbness or tingling in shoulders, arms or wrists.
- Feel short of breath (or hard to breathe)
- Sick to the stomach.

When will I get angina?

You may get angina when you...

- Climb stairs or carry groceries
- Feel angry or upset
- Work in very hot or cold weather
- Have sex
- Have emotional stress
- Exercise

What tests might I have?

- Blood tests
- Electrocardiogram (EKG or ECG)
- Exercise stress test
- Cardiac catheterization
- Coronary angiogram

How is angina treated?

Your doctor may give you nitroglycerin, a medicine to relieve the discomfort. Nitroglycerin...

- Comes as tiny tablets you put under your tongue, and as spray, capsules, skin patches and ointment.
- Is safe and not habit-forming.
- What to do if you get angina.
- How to use your nitroglycerin the right way.

Be sure to ask your doctor, nurse or pharmacist about...

What can I do about angina?

Don't give in to it! You can change your way of life and lower your chance of having angina attacks. A few simple steps can help you feel more comfortable every day:

- Stop smoking, and avoid other people's tobacco smoke.
- Eat healthy meals low in saturated fat, cholesterol and salt.
- Control high blood pressure and blood cholesterol levels.
- Avoid extreme temperatures.
- Avoid strenuous activities.
- Learn to relax and manage stress.
- Call your doctor if your angina changes. For example, if you get angina while resting or if it ever gets worse.

How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721), or visit americanheart.org to learn more about heart disease.
3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit us online at StrokeAssociation.org.

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so *Learn and Live!*

What are the Warning Signs of Heart Attack and Stroke?

Warning Signs of Heart Attack:

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath with or without chest discomfort
- Other signs including breaking out in a cold sweat, nausea or lightheadedness

Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Learn to recognize a stroke. Time lost is brain lost.

Call 9-1-1... Get to a hospital immediately if you experience signs of a heart attack or stroke!

Do you have questions or comments for your doctor or nurse?

- Take a few minutes to write your own questions for the next time you see your healthcare provider. For example:

Can I exercise?

When should I call my doctor?

The statistics in this sheet were up to date at publication. For the latest statistics, see the *Heart Disease and Stroke Statistics Update* at americanheart.org/statistics.
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American Heart Association
Learn and Live...

What you eat is important to your heart health. Choosing the right foods can help lower your blood cholesterol level. This is important because high cholesterol levels can increase your risk of heart disease and stroke.

Limit unhealthy saturated and trans fats

Choose lower fat milk and alternatives:

- Skim or 1% milk and yogurt
- Cheese with 20% milk fat (M.F) or less – the lower the fat the better

Choose lower fat meat and alternatives and foods with healthy fats:

- Cooked, dried beans or lentils
- Tofu and other soy products
- Fish
- Chicken or turkey without the skin
- Lean cuts of meat, such as round, rump and tenderloin
- Nuts, seeds and natural nut butters

Limit foods high in saturated fat and/or trans fat such as:

- Butter, hard margarine, lard, shortening, palm and coconut oil, and coconut milk
- Store bought baked goods made with the above fats
- Creamy dressings and sauces made with butter, cream and other high fat dairy products
- Bacon, bologna, salami, sausages, and fatty cuts of meat

If choosing pre-packaged foods:

- Review the Nutrition Facts table and choose only pre-packaged foods that have less than 10% DV for saturated and trans fat

When eating in restaurants:

- Choose grilled, steamed or baked foods instead of deep fried foods
- Order sauces and dressings on the side
- Ask for lower fat substitutions such as a green salad in place of a Caesar salad
- Limit dining out to 2 to 3 times per week

Choose healthy mono- and poly-unsaturated fats more often

Choose healthy monounsaturated and polyunsaturated fats instead of saturated and trans fats.

Eating Well with Canada's Food Guide recommends you include 30-45 mL (2 to 3 tablespoons) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Sources of monounsaturated fats include:

- Nuts
- Nut butters
- Canola, olive and peanut oils, and non-hydrogenated soft margarine made from these oils

Sources of polyunsaturated fats include:

- Nuts and seeds such as walnuts, flax, sunflower, and sesame
- Safflower, sunflower, corn, and soybean oils, and non-hydrogenated soft margarine made from these oils
- Fish

Eat more foods that have omega-3 fats

Omega-3 fats are a kind of polyunsaturated fat found in fish (DHA and EPA) and in plant foods (ALA). Both kinds of omega-3s are heart healthy, but the omega-3 in fish has the most benefit.

Choose fatty fish such as herring, mackerel, salmon, sardines or trout more often, as they contain higher amounts of omega-3 fats.

Eating Well with Canada's Food Guide recommends:

- Eat at least 2 servings of fish a week instead of meat. One serving equals 75 grams (2 ½ ounces).

Eat plant sources of omega-3 fats (ALA) such as flaxseeds, walnuts, soybeans, tofu and canola oil:

- Sprinkle ground flaxseed on hot cereal

- Snack on a handful of walnuts or dried soybeans (also known as soynuts)
- Use tofu instead of meat in a stir-fry
- Use canola oil for cooking

Eat more plant foods

Plant foods have fibre that can help lower cholesterol and naturally occurring compounds called phytochemicals that may protect your heart.

Eat a wide variety of vegetables and fruits every day.

- Add vegetables to salads, soups, stews, and stir-fries
- Buy fresh, frozen or pre-packaged fresh vegetable and fruit mixes
- Include dark green and orange vegetables every day
- Choose vegetables and fruit rather than juice because they have more fibre

Eat more whole grains, legumes, nuts and seeds

- Choose 3 to 4 servings of whole grains each day. Good choices include whole grain wheat, oats and oatmeal, rye, barley, brown rice, wild rice, buckwheat, triticale, bulgar (also known as 'cracked wheat'), millet and quinoa.
- Limit refined cereals, white rice, and breads made with white flour.
- Regularly include dried or canned beans, peas and lentils.
- Eat nuts several times a week. A serving of nuts is 60 mL (1/4 cup).

Limit foods that are high in dietary cholesterol.

Only animal foods have cholesterol. Limit the following high cholesterol foods by:

- Eating organ meats, including liver pate, very sparingly
- Limiting egg yolks to no more than 2 per week, including yolks in baking. There is no cholesterol in egg whites.
- Limiting shrimp and squid to occasional use. These are low fat choices if they are not battered and fried.

Maintain a healthy weight

If you are overweight or obese, losing weight can help lower your blood cholesterol level and reduce your overall risk of heart disease.

- Aim for a healthy Body Mass Index also known as BMI. Health Canada will help you to find

your BMI: www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart_java-graph_imc_java_e.html.

- Aim for a healthy waist measurement. Having a waist measurement larger than 102 cm (40 inches) for men and 88 cm (35 inches) for women may increase your risk of developing health problems such as heart disease. Healthy waist measurements may be smaller for certain ethnic groups. Discuss with your dietitian or doctor.
- To help plan meals appropriate for your age and gender, use the recommended number of servings and serving sizes given for each food group in Eating Well with Canada's Food Guide.
- Limit drinks that have added sugar such as pop, iced tea, and sweetened coffee and tea drinks.
- Be physically active every day. See the Canadian's Physical Activity Guidelines at www.csep.ca/english/view.asp?x=804. If you are not active now, check with your doctor before starting an exercise program.

For More Information

Visit the Heart and Stroke Foundation of Canada website at www.heartandstroke.ca.

See also HealthLink BC File [#68f Dietary Fats and Your Health](#).

Find Eating Well with Canada's Food Guide at www.healthcanada.gc.ca/foodguide.

For more nutrition information, click on www.HealthLinkBC.ca/dietitian or call 8-1-1 to speak with a registered dietitian.

For more HealthLink BC File topics, visit www.HealthLinkBC.ca/healthfiles/index.stm or your local public health unit.

Click on www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.