



Patient Passport

Empower Your Health Journey:
One Passport, Total Care



heartlife.ca

General information

Name:

Specialist:

Family Doctor:

Pharmacist:

Psychologist:

Caregiver:

I am Living with:

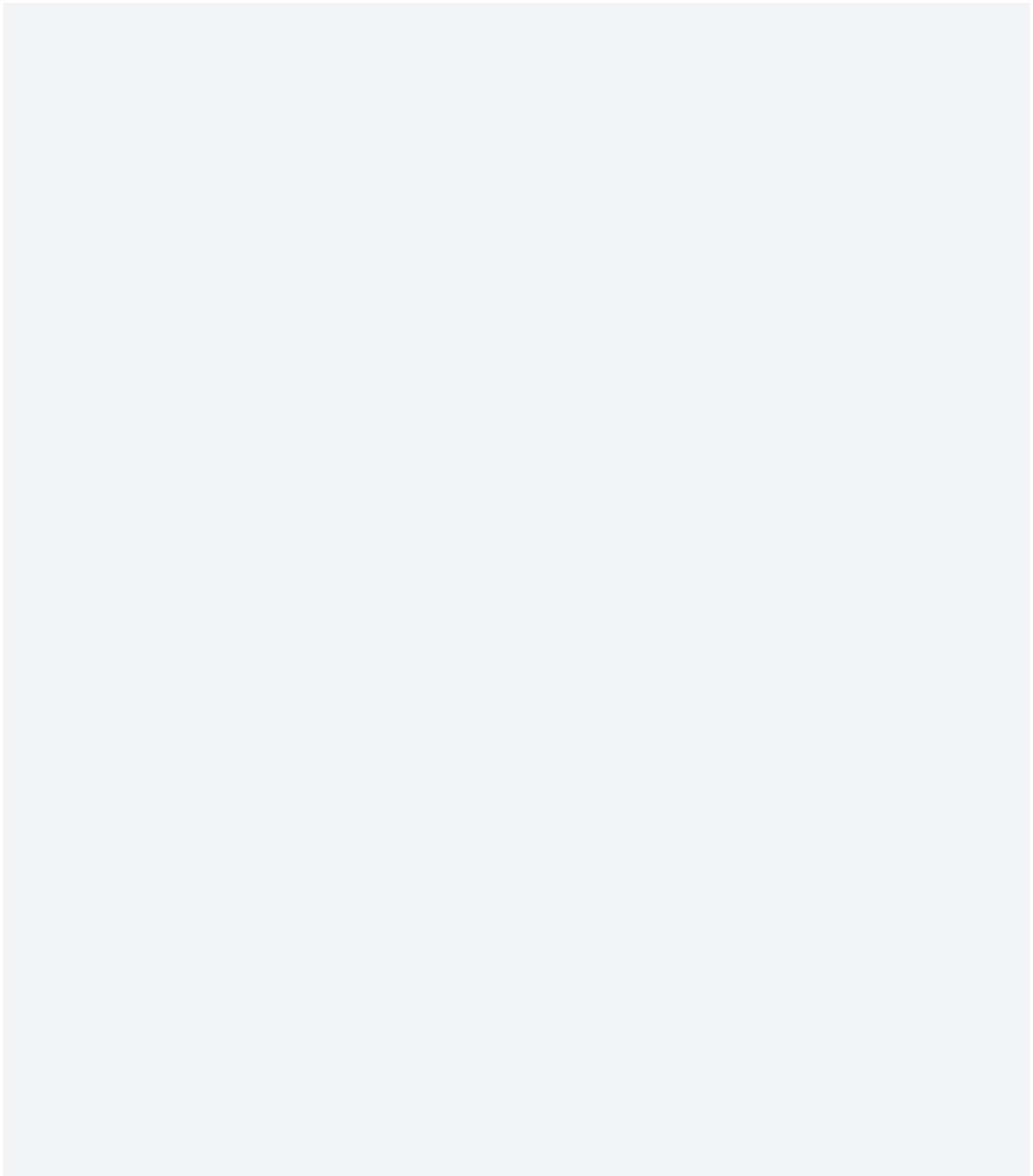
example: Heart Failure

and:

example: Cancer

Family History:

Personal Goals and Objectives



example: 20 min. walk in the park and/or around the track or play or walk with grandchildren.

Health Information

Page 1 of 3

Baseline info:

BLOOD PRESSURE



My normal blood pressure is between _____ / _____ and _____ / _____ mmHG

If your blood pressure is consistently higher than _____ mmHG* or lower than _____ mmHG*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

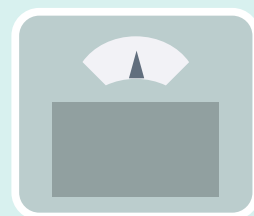
HEART RATE



My normal heart rate is between _____ and _____ beats/min

If your heart rate is consistently higher than _____ beats/min* or lower than _____ beats/min*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

WEIGHT



My normal weight is between _____ and _____ lbs

If your weight increases more than _____ lbs* in a day or _____ lbs* in a week then contact your doctor.

Blood Type:

Ejection Fraction:

Date of my last Echo:

INR Range:

Health Information

Page 2 of 3

Health Information > My Medications



Keep track of all the medications you are taking (prescription and over the counter), as well as vitamins and other herbal remedies. Make sure to show your doctor at your next appointment.

**NAME OF
MEDICATION,
VITAMINS, HERBAL
REMEDIES, ETC.**

DOSE
(Example: two 40mg
pills day & night)

**HOW DOES
IT HELP ME?**

**WHAT SHOULD
I CONSIDER?**
(Possible Side effects)

NAME OF MEDICATION, VITAMINS, HERBAL REMEDIES, ETC.	DOSE (Example: two 40mg pills day & night)	HOW DOES IT HELP ME?	WHAT SHOULD I CONSIDER? (Possible Side effects)

Health Information

Page 3 of 3

Community Support Information

Clinic Information:

example: Heart Function Clinic

**Support Groups/
Communities:**

example: HeartLife Foundation / HeartLife Facebook Group

Resources:

example: HeartLife Foundation website

Caregivers Support:

example: HeartLife Facebook Group

Other Medical Diagnostic Information



Surgeries:

Medical Tests:

X Rays:

Please attach any x-rays or medical imaging documents

Bloodwork:

Please attach any bloodwork results

Health Information

Page 1 of 3

I am also living with...

I am also living with:

Specialist info:

Baseline info:

INSERT HERE

INSERT HERE

INSERT HERE

Ask your doctor what's important for this health condition:

Health Information

Page 2 of 3

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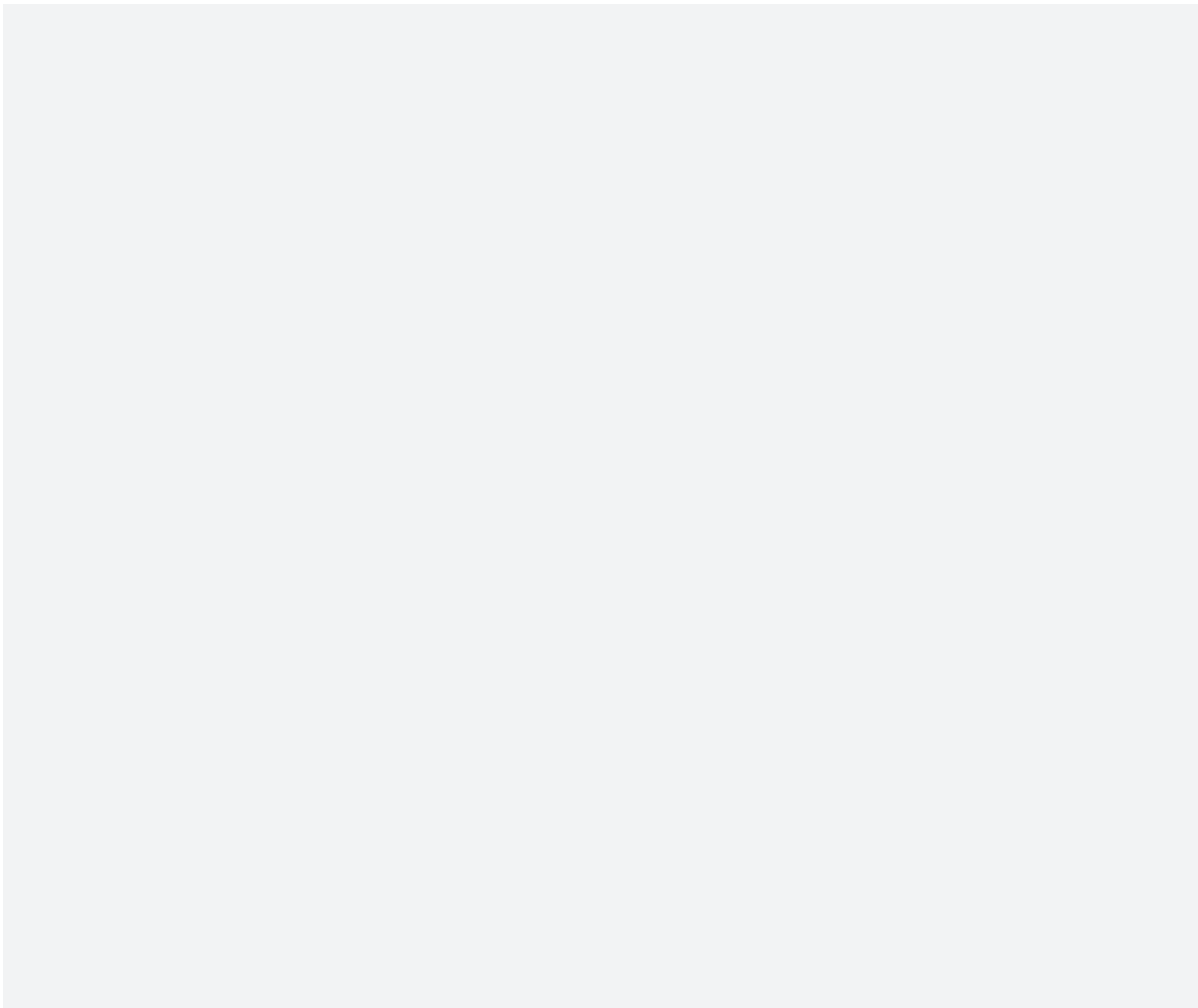
Bloodwork:

Please attach any bloodwork results

List Your Vaccinations

Why Vaccines Are Important for Cardiovascular Patients?

If you live with a cardiovascular condition, your immune system may be weaker, and infections can lead to serious complications. Vaccines help protect you from these preventable illnesses, reduce the risk of severe outcomes, and keep your heart healthier.



Glossary

Heart Failure: A condition where the heart can't pump blood efficiently enough to meet the body's needs.

Ejection Fraction: A measurement of how much blood the left ventricle pumps out with each contraction.

Diastolic Dysfunction: When the heart's lower chambers can't relax properly, making it hard for the heart to fill with blood.

Systolic Dysfunction: When the heart's lower chambers can't contract strongly enough, affecting the heart's ability to pump blood.

Edema: Swelling caused by fluid buildup, often in the legs, ankles, or feet.

Dyspnea: Difficulty breathing or shortness of breath, a common symptom in heart failure.

ACE Inhibitors and Beta Blockers: Medications commonly used to treat heart failure.

Cardiomyopathy: A disease of the heart muscle that makes it harder for the heart to pump blood.

Arrhythmia: An irregular heartbeat, which can be a symptom or complication of heart failure.

NYHA Classification: A system used to classify the severity of heart failure symptoms, ranging from Class I (no symptoms) to Class IV (severe symptoms).

Congestive Heart Failure (CHF): A term often used interchangeably with heart failure, referring to fluid buildup in the lungs and other tissues due to poor heart function

Left-Sided vs. Right-Sided Heart Failure:

Left-Sided: Affects the heart's ability to pump blood to the body, often causing fluid buildup in the lungs.

Right-Sided: Leads to fluid retention in the legs, abdomen, and other tissues due to blood backing up in the venous system.

BNP (B-type Natriuretic Peptide) and NT-proBNP Biomarkers used to diagnose and monitor heart failure. Higher levels indicate heart stress or fluid overload.

Diuretics: Medications that help remove excess fluid from the body to reduce symptoms like swelling and shortness of breath

Guideline Directed Medical Therapy

The four Guideline-Directed Medical Therapies (GDMT) for Heart Failure with Reduced Ejection Fraction (HFrEF) are the cornerstone treatments recommended by major cardiology guidelines

1. ARNI / ACEi / ARB Reduces strain on the heart, prevents progression
2. Beta Blockers Slows heart rate, protects against stress hormones
3. MRAs Reduces fluid retention and heart fibrosis
4. SGLT2 Inhibitors Enhances heart and kidney function, reduces hospitalizations

Notes

