

# Patient Passport



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A simple tool to help you take charge  
of your health and keep track of  
multiple conditions together.





# General Information

NAME:

SPECIALIST:

FAMILY DOCTOR:

PHARMACIST:

PSYCHOLOGIST:

CAREGIVER:

I'M LIVING WITH:  
(e.g., Heart Failure)

AND:  
(e.g., Cancer)

FAMILY HISTORY:



# Personal Goals & Objectives

(e.g., 20 min. walk in the park and/or around the track or play or walk with grandchildren ...)

Advice from People Like You

**Track changes,  
not perfection.**

**Every  
little step  
counts!**



# Health Information



## BLOOD PRESSURE

My normal blood pressure is between

..... / ..... and

..... / ..... mmHg

If your blood pressure is consistently

higher than ..... 

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 ..... 

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 please contact your doctor 

BLOOD TYPE:

EJECTION FRACTION:

DATE OF MY LAST ECHO:

INR RANGE:



# Health Information

**CLINIC INFORMATION:**  
(e.g., Heart Function Clinic)

**SUPPORT GROUPS/COMMUNITIES:**  
(e.g., HeartLife Foundation/HeartLife Facebook Group)

**RESOURCES:**  
(e.g., HeartLife Foundation Website)

**CAREGIVERS SUPPORT:**  
(e.g., 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

I'm also living with ...

# Health Information

I AM ALSO LIVING WITH:

SPECIALIST INFO:

BASELINE INFO:

INSERT HERE:  
(e.g., Blood Glucose, A1c, LDL)

INSERT HERE:  
(e.g., Blood Glucose, A1c, LDL)

INSERT HERE:  
(e.g., Blood Glucose, A1c, LDL)

IMPORTANT FOR THIS HEALTH CONDITION:

Ask your Doctor



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**SURGERIES:**

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# List Your Vaccinations

## WHY ARE VACCINES 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

### ACE INHIBITORS AND BETA BLOCKERS

Medications commonly used to treat heart failure.

### ARRHYTHMIA

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

### ARNI/ACEI/ARB

Reduces strain on the heart, prevents progression.

### BETA BLOCKERS

Slows heart rate, protects against stress hormones.

### BNP (B-TYPE NATRIURETIC PEPTIDE) AND NT-PROBNP BIOMARKERS

They are used to diagnose and monitor heart failure. Higher levels indicate heart stress or fluid overload.

### CARDIOMYOPATHY

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

### 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.

### DIASTOLIC DYSFUNCTION

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

### DIURETICS

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

### DYSPNEA

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

### EDEMA

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

### EJECTION FRACTION

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

### 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.

### HEART FAILURE

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

### 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.

### MRAS

Reduces fluid retention and heart fibrosis.

### NYHA CLASSIFICATION

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

### SGLT2 INHIBITORS

Enhances heart and kidney function, reduces hospitalizations.

### SYSTOLIC DYSFUNCTION

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



# Daily Tracking

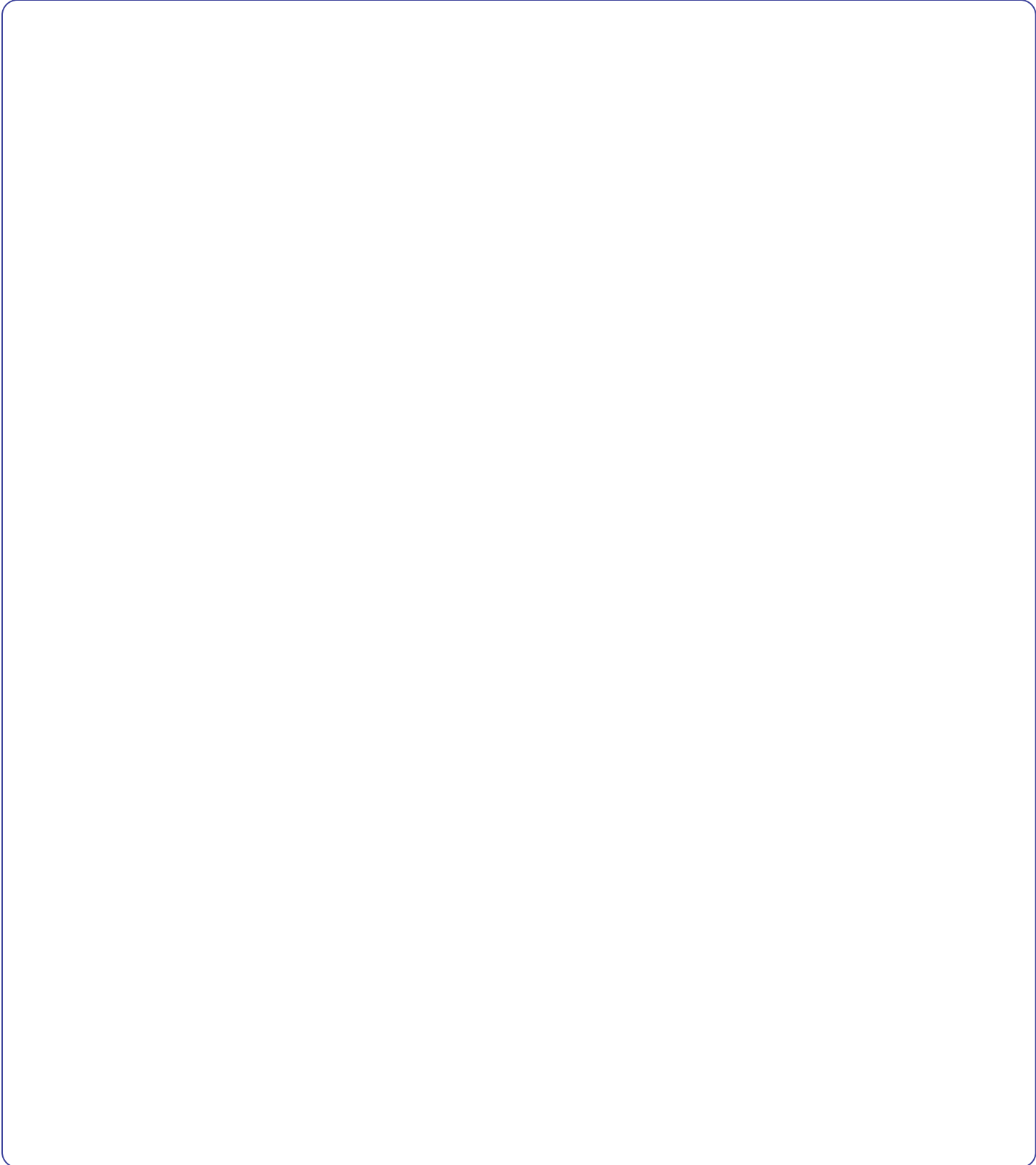


Keep this tracker where you'll use it daily. You can also cut it out or make copies to have extras on hand.

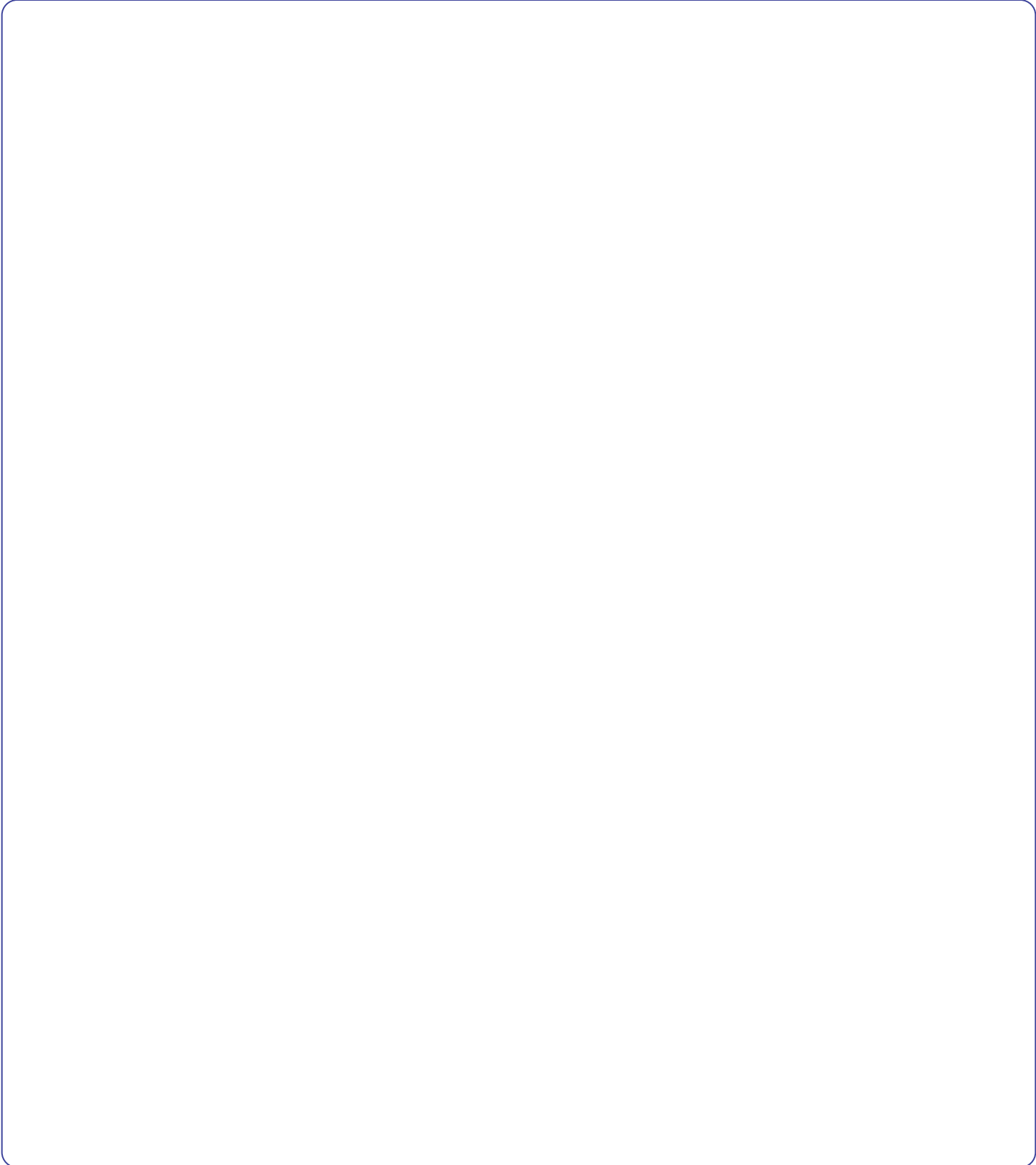
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# Notes



# Notes



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