

CAREGIVER CONTRIBUTION TO SELF-CARE OF HEART FAILURE INDEX

Version 3

All answers are confidential

DATE:

ID:

Please answer the following questions about what you do for the person with heart failure. Answer honestly, there are no right or wrong answers.

How often do you provide **support, assistance, or advice to the person you care for** in carrying out the following activities?

(All activities refer to the person you care for, not to you as a caregiver)

SECTION A:

	Never		Sometimes		Always	
1. Try to avoid getting sick (e.g., wash hands, keep vaccinations up to date)?	1	2	3	4	5	
2. Reduce time sitting?	1	2	3	4	5	
3. Eat healthy and avoid foods that are high in salt?	1	2	3	4	5	
4. Take prescribed medicines without missing a dose?	1	2	3	4	5	
5. Balance rest and activity?	1	2	3	4	5	
6. Make sure to get enough sleep?	1	2	3	4	5	
7. Use a system or method to help him/her remember to take their medicines?	1	2	3	4	5	
8. Maintain good mental health (e.g. music mindfulness, yoga, seek professional help)?	1	2	3	4	5	

SECTION B:

Listed below are some changes that people with heart failure typically monitor. How often do you as a caregiver provide **support, assistance, or advice** to carry out the following?
(All activities refer to the person you care for, not to you as a caregiver)

	Never		Sometimes		Always
9. Monitor for changes in weight or ankle swelling?	1	2	3	4	5
10. Pay attention to changes in how he/she feels?	1	2	3	4	5
11. Look for medication side-effects?	1	2	3	4	5
12. Notice whether he/she tires more than usual doing normal activities?	1	2	3	4	5
13. Ask your healthcare provider how she/he is doing?	1	2	3	4	5
14. Monitor closely for symptoms?	1	2	3	4	5
15. Track mood and stress level?	1	2	3	4	5
16. Check for shortness of breath or fatigue with activities like bathing and dressing?	1	2	3	4	5

The last time the person you care for had symptoms...

	No symptoms	Did not recognize the symptoms	Not quickly	Fairly quickly			Very quickly
How quickly did you <u>recognize</u> that he/she had symptoms?	N/A	0	1	2	3	4	5
How quickly did you <u>know</u> that the symptom was due to heart failure?	N/A	0	1	2	3	4	5

SECTION C:

Listed below are some behaviors that people with heart failure use to manage symptoms. When the person you care for has symptoms, how likely are you to provide **support, assistance, or advice** regarding the following behaviors?

	Unlikely		Fairly likely		Very likely
17. Change what he/she eats or drinks that day?	1	2	3	4	5
18. Do something to relieve stress or anxiety (e.g., mindfulness, music, prayer, seek help)?	1	2	3	4	5
19. Take a medicine?	1	2	3	4	5
20. Call your healthcare provider for guidance?	1	2	3	4	5
21. Ask a family member or friend for advice?	1	2	3	4	5
22. Limit his/her activity until he/she feels better?	1	2	3	4	5

Think about what you did the last time the person you care for had symptoms...

	Did nothing	Not at all	Somewhat		A lot	
23. Did the treatment you used make him/her feel better?	0	1	2	3	4	5

THANK YOU FOR COMPLETING THE QUESTIONNAIRE!