

UW Health Pharmacist-Run Heart Failure Telephone Clinic

What is the pharmacist-run heart failure telephone clinic?

This is a telephone clinic led by pharmacists who will check in with you to see how you are doing on your heart failure medicine.

Why do I need this program?

You have been diagnosed with heart failure and we think you would benefit from this program.

What does this program do?

- You will get a phone call about every two weeks from a pharmacist.
- We will review your blood pressure and heart rate readings.
- We will see how you are doing on the medicine and how well it is working.
- We will order lab tests as needed.
- We will update your patient record as needed and let your heart doctor know about any changes in medicine plan.

What do I need to do?

- You need to be able to have regular phone visits with the pharmacist.
- You must monitor blood pressure and heart rate daily (try to do it at the same time every day).

We will call you on _____.

How do I take my blood pressure?

1. Sit quietly with your back supported and both feet flat on the floor for at least 5 minutes before taking your blood pressure.
2. Do not talk, watch TV, or look at your phone or tablet as you take your blood pressure.
3. Sit with your arm slightly bent and resting on a table so your upper arm is at the same level as your heart.
4. Roll up your sleeve or take off your shirt to expose your upper arm.
5. Wrap the blood pressure cuff around your upper arm so the lower edge of the cuff is about 1 inch above the bend of your elbow.
6. If your machine does not store the blood pressure and heart rate readings, write them down in a logbook, with the date and time.

When to Call

- If you have unusual changes in blood pressure or heart rate
- If you have any bad side effects from your medicine

Who to Call

If you have any questions, please feel free us at **(608) 445-2123**. A heart failure pharmacist can help you Monday through Friday from 8:30 am to 4:00 pm.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8127.