

Discussing Your Heart Failure with Your Doctor

Consider these questions when discussing your unique heart failure experience with your physician.

I want to plan for my future and I need your clinical guidance to help me navigate my heart condition so I can make informed decisions that are meaningful to me.

- What stage is my heart failure at this time?
- What is my ejection fraction? How do you expect this to change over time?
- Could you help me understand my trajectory or my prognosis based on your knowledge of my current health?
- Are there complications common to heart failure that I should anticipate?
- What symptoms do patients with heart failure often experience? How are they managed?
- What options do I have for life-extending care?
- What options are available should I prefer to focus on my comfort and quality of life rather than prolonging my life?

I want to do what I can now to direct my future care.

- Could we take some time to explore my values and how my heart failure could impact my quality of life?
- Would you support me in completing my advance care plans?
- Would you discuss my wishes on the [POLST/MOST form](#)?
- Could you help me advocate for my wishes so my loved ones understand my choices?
- At what point would you consider referring me to palliative care?
- When should we discuss transitioning to hospice?