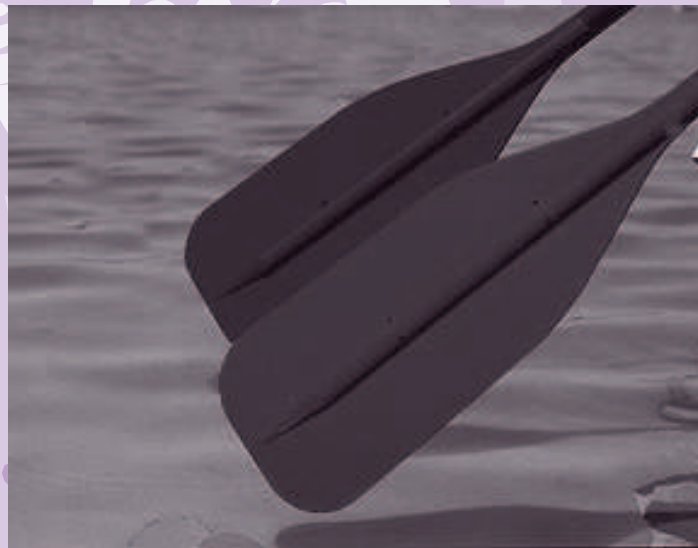


# Mālama Pu'uwa'i

## Heart Failure Education Program



*Na'au Pono:  
Physical Activity & Emotions  
in Caring for Heart Failure*

Ha'awina 'Ehā

(Lesson Four)



**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
Introduction

**E komo mai!**

Aloha and welcome back to **ha‘awina ‘ehā** or the fourth lesson of the **Mālama Pu‘uwai Program**.

**What is lesson 4 about?**

This lesson will cover the importance of doing some physical activity and controlling negative emotions in caring for your heart failure. Before we get started with today’s lesson, let’s review what we learned from the previous three lessons.

**How much sodium is allowed in my diet in a day?**

2000 mg

**What heart failure medications am I taking?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
*Introduction*

**When should I call 911?**

**What are some other symptoms I need to call the doctor about within 1-2 days?**

You should call 911 when you have:

- Pain or discomfort in the chest for more than 15 minutes that does not go away with rest or nitroglycerin.
- Severe shortness of breath that does not go away.
- Fainted or passed out.

Symptoms:

- Weight gain of 2 or more pounds in 1 day, or 4 pounds in 1 week.
- Shortness of breath gets worse or new shortness of breath when resting.
- Trouble sleeping because of difficulty breathing.
- A need to sleep sitting up or using more pillows than usual.
- Fast and irregular heart beats (palpitations), or a “racing heart” that won’t go away and makes you feel dizzy.
- Coughing up frothy or pink spit (sputum).
- Feel like you may pass out.
- Confusion or restlessness.

**Review is done!**

Okay, let’s return to today’s lesson about physical activity and negative emotions.



***Ha‘awina ‘ehā***  
*(Lesson 4)*

***Physical Activity & Emotions:***  
*Introduction*

**How is physical activity important in controlling Heart Failure?**

Physical activity can help you to feel better physically, spiritually, and emotionally. It also helps you to manage the symptoms of heart failure and may even improve your heart’s functioning. It can be any type of physical activity, such as walking, working, and even sex.

**How are emotions important?**

Having heart failure can affect one’s sense of well-being. It is common for people to feel sad or depressed (*kaumaha*) or anxious (*pū‘iwa* ) about having heart failure. These kinds of negative emotions can affect your ability to control your heart failure.



*He pāʻoʻo lēkei.*

“A leaping pāʻo fish”.

**Said of an active person**



*Ha'awina 'ehā*  
(Lesson 4)

*Physical Activity & Emotions:*  
*Physical Activity*

**Is physical activity safe for people with Heart Failure?**

Good question...for most people with heart failure, physical activity is safe. In fact, physical activity is recommended because it helps with the symptoms of heart failure. Your doctor can tell you how much you should be getting.

**How do I get started exercising?**

So, before starting any type of physical activity program, you should **talk to your doctor first to see what you can and cannot do.**

Once your doctor gives you the OK, you should first think about things you might want to do for physical activity.

The type of physical activity you pick should be **simple aerobic exercises.** Aerobic exercises are any kind of physical activity where you move the large muscles in your body...like your legs.





**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
*Physical Activity*

**How do I get started exercising? (continued)**

Here are some examples of **simple aerobic exercises** you could do:

- Walking
- Biking
- Swimming

You can also do other activities you enjoy, such as:

- Gardening
- Fishing
- Bowling
- Volleyball

**Anything else about getting started?**

Yes, start **slowly and gradually**...especially if you have not had a lot of physical activity for a long time.

**Do not rush...take it slow and gradual.**



**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
*Physical Activity*

**Anything else  
about getting  
started?  
(continued)**

Eventually you want to do it for 30 minutes a day on most days of the week. You do not have to do 30 minutes all one time...you can do 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes in the evening.

When you first start, don't do 30 minutes. Start simple and only do as much as you can handle. For example, you can start by walking for only 5 minutes a day and slowly work your way up to 30 minutes. The main thing is that you start being active.

And, remember to **warm up before each physical activity and cool down after.** Warming up helps your body to slowly adjust to the physical activity you will do. Cooling down helps your body recover slowly after physical activity. Stretching your body is good for warm ups and cool downs.

**What could I  
start doing?**

Good question...what would you like to start doing? Write down what kind of physical activity you will start in the space below after checking with your doctor.

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(Write down the physical activity you will start)



***Ha‘awina ‘ehā***  
*(Lesson 4)*

***Physical Activity & Emotions:***  
*Physical Activity*

**When should I not do physical activity?**

You should **not do physical activity** when you have the following symptoms:

- More shortness of breath at rest or more than usual**
- Feel exhausted**
- Have fever, infection, or feel sick**
- Have chest pain**

You should also **not do physical activity** when you are going through changes in your medication. Ask your doctor when it would be okay to restart your physical activity.



*Ha‘awina ‘ehā*  
(Lesson 4)

*Physical Activity & Emotions:*  
*Physical Activity*

**What should I watch out for when exercising?**

You should **watch out for signs of overexertion** or that you did too much physical activity. Here are some signs to watch out for:

- Shortness of breath that prevents you from completing a sentence.
- Shortness of breath that does not get better when you decrease or stop the activity.
- Dizziness or lightheadedness.
- Chest pain or tightness.
- Pain in your arms, shoulders, neck, or jaw.
- Irregular heart rate.
- Unusual or extreme fatigue.
- Severe sweating.
- Nausea, vomiting.

If you have any of these symptoms while being active, **stop and rest**. If the symptoms do not get better, **call 911** for help.



**Any other tips about physical activity?**

Yes, here are some other tips and things to think about when being physically active.

**You should:**

- Get good walking shoes that fit and feel good.
- Wait 30 minutes after eating.
- Not do physical activities when it's too cold or too hot outside.
- Warm up and cool down.
- Do physical activities at a slow and gradual pace.
- Not hold your breath.
- Do it at the time of day you feel the best...for most people the morning is the best.
- Talk to your doctor if you still feel tired 2 days after exercise.
- Find a partner to exercise with...this is good time to catch up with them.
- Be able to talk story while doing your physical activity. If you are unable to, then you are working too hard...slow down.



***E lei au i kou aloha.***

**“I wear your love like a lei”.**



**What about sex?  
Is it okay?**

Of course...**sex is good and okay to do** even with heart failure. Sexual activity is not dangerous to your heart. It may not be as easy as before, but it can still be a part of your life.

But...just like with other activities, you **should not have sex** if you are:

- Feeling sick**
- Very short of breath**
- Having chest pain**

**Any tips about sex?**

Yes! If you want to enjoy sex, try the following:

- Talk openly...*mai hilahila*...with your spouse or partner.
- Pick a time for sex you feel most rested and *kolohe*.
- No sex after big meals or drinking alcohol.
- Have sex in a comfortable room...not too hot and not too cold.
- Use foreplay to help warm up.
- Avoid positions where you need to support your weight with your arms.
- Have sex in easy positions that don't make you work too hard.



***Ha‘awina ‘ehā***  
*(Lesson 4)*

***Physical Activity & Emotions:***  
*Sex*

**What if it is still too hard to have sex?**



**Anything else about sex?**

Try other ways of being physically close and intimate with your spouse or partner. Here are some examples:

- ☑ Find other ways to show your *aloha*.
- ☑ Try mutual forms of sexual stimulation other than intercourse...like touching.
- ☑ Talk more with your spouse or partner about your *aloha* for them.

Yes, some people with heart failure may not want to have sex because there's no urge to or maybe the body is not working the way it use to.

Sometimes medicines for heart failure can cause sexual side effects.

If you are having sexual difficulties, you should call your doctor to talk about this.



*‘Olu‘olu ka na‘au; ikaika ke kino.*

**“When one is happy and content,  
the body is made stronger”.**



**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
Emotions

**Let’s talk about emotions.**

Like we mentioned earlier...heart failure can affect your emotional well-being.

Heart failure causes physical problems that affect your sense of well-being. Because of having heart failure, you could experience feelings or emotions such as:

- Depression**
- Anxiety**

Learning how to deal with these emotions is part of taking control of heart failure.

**How do I know if I am depressed?**

Good question...here are some symptoms of depression you need to look for:

- Kaumaha* or sadness and feeling down
- Hūhū* or irritable and angry often
- No interest in things you use to enjoy doing
- Don’t like talking to other people or being around them
- Sleep too much and too long
- Feeling guilty or not good about yourself
- Don’t care about the future
- Thoughts of hurting yourself
- Thinking too much about dying



**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
Emotions

**How do I know if I am anxious?**

Another good question! Here are some symptoms of anxiety you need to look for:

- Hopohopo* or worry too much
- Maka‘u* or afraid
- Very tense
- Feeling wound up or edgy
- Cannot keep still for too long
- Feeling shaky

**What if I have some of these symptoms?**

First, you should know that it is common for people to feel upset or worried after finding out they have heart failure. But...just because you have these feelings doesn't mean you have to accept them. There are things you can do to feel better.

**What can I do about them?**

By going through these lessons, you have already started to take control of your emotions. Some people find that knowing more about heart failure and what to do helps take away some of the depression and anxiety.

If you still feel depressed or anxious after going through these lessons, try some of the things listed on the next page...turn the page and check it out!



## *What You Can Do About Your Feelings*

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There are many things you can do to control depression and anxiety. Here are some common ways:

- ☑ **Talk about your feelings** with someone...an *‘ohana* member or a friend. Talking with someone can be very helpful. You can even talk to your doctor or nurse.
- ☑ Ask the **‘ohana and friends for support**. We all need someone to lean on.
- ☑ **Take more control over your heart failure** by learning and doing all that you can. People who control their heart failure better also feel better.
- ☑ **Follow your treatment plan**. You can feel better by simply taking your medicine as prescribed, eating less salt, watching your weight and symptoms, and staying physically active.
- ☑ **Be physically active** on a regular basis. Physical activity is the best way to combat depression and anxiety.
- ☑ **Find new things to do** and make new friends.
- ☑ **Get outside everyday** and enjoy the *nani* (beauty) of our island home.

If you still feel depressed or anxious, call your doctor for help. There are some things he or she could recommend to help you.



**Ha‘awina ‘ehā**  
(Lesson 4)

**Physical Activity & Emotions:**  
*Emotions*

**What about stress?**

Oh yes, we cannot forget about stress. Stress can make controlling heart failure harder. So, managing stress in your life can help you manage your heart failure too.

Stress is like an emotion. When things in life become too much to handle, we may feel overwhelmed, not in control, or *huikau* (the mind scattered all over the place).

**How can I deal with stress?**

Here some simple things you can do to help lessen the stress:

- ☑ Prioritize things in your life. Your first priority should be to control your heart failure. You can make a list of all the things you need to do...starting with the most important to the least important. After that, take care of them one by one.
- ☑ Each day, write the things you need to do down on paper. Organizing your thoughts on paper can help.
- ☑ Take time out and deep breathe. You can meditate, pray, chant, or just count to four and breath slow and deep.
- ☑ Remember the important things in life...like *‘ohana*, friends, and yourself. 80% of the things we worry about are for nothing.
- ☑ Take a walk and enjoy the outdoors.



\_\_\_\_\_  
(Put your name here)

**Physical Activity & Emotions  
Action Plan for the Week**

**Goal:**

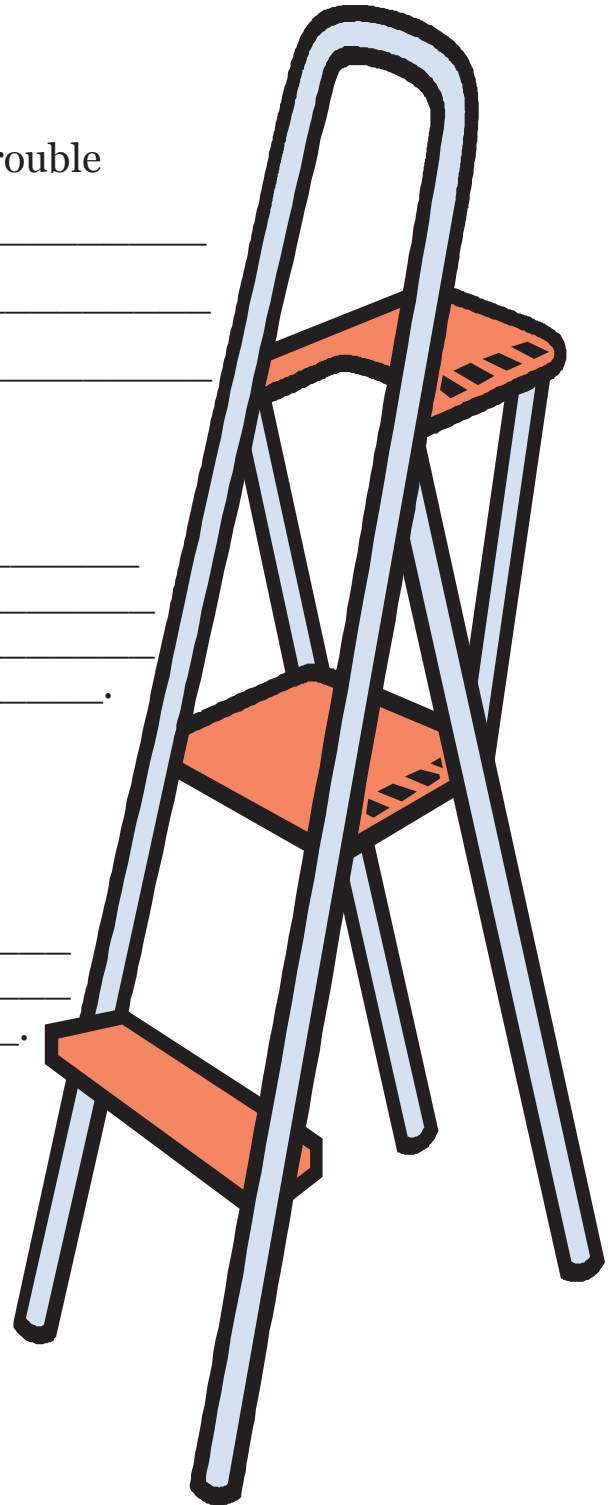
\_\_\_\_\_

**Step 4:** I may have trouble  
because \_\_\_\_\_  
\_\_\_\_\_  
so I will \_\_\_\_\_

**Step 3:** I will need \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**Step 2:** (When & How)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**Step 1:** I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.





## Learning Agreement

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I, \_\_\_\_\_, have just completed *ha'awina 'ehā* (the fourth lesson) of the *Mālama Pu'uwai Program*. I learned the importance of physical activity, exercise, and emotions in controlling heart failure and what to do.

I have completed my Physical Activity & Emotions Action Plan for the week. I will start doing more of \_\_\_\_\_. I myself have chosen this activity that I will do and maybe make it part of my life.

I am committed to better controlling my heart failure so that I can live better and stronger for myself and my *'ohana*.

\_\_\_\_\_  
Your Signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Nurse Educator

Date: \_\_\_\_\_

***Ho'omaika'i... all pau !***



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