

**Self Assessment for patients with Coronary Heart Disease-
Please answer and take into the consultation.**

Do you know what to do if you get chest pain?

Do you have any medications to take, if so where is it kept and is it in date?

Do you know what to do if your medication does not relieve the chest pain?

Where do you get the pain, just the chest or also neck and arms ?

Do you feel confident about knowing when to call your Dr or an ambulance?

Would you like to discuss this with your Dr?

Action Plan for _____

What to do if you have chest pain

Medication name: Dose: Tablet/Spray Expiry date: Current repeat script Y/N	How severe is the pain, is it worse than before? Does it go up your neck or down your arm?	Using your medication and getting help early can prevent damage to your heart muscle.
Wait 5 minutes, if still have pain, repeat medication	Sit upright and take slow deep breaths	This gives your body extra oxygen and may help the pain
Wait 5 minutes, if still have pain, call ambulance	Ambulance No: 000	Tell the operator that you have severe chest pain that hasn't gone away after two doses of medication