

Table 3

Use this table to identify signs and symptoms of congestion, which may be tracked as targets during decongestion and may serve as sentinel symptoms for recurrent congestion after discharge.

Clinical Evidence of Congestion	
Symptoms	Signs[†]
<ul style="list-style-type: none">• Orthopnea• Dyspnea on minimal exertion• Paroxysmal nocturnal dyspnea• Nocturnal cough*• Bendopnea• Abdominal swelling• Early satiety• Anorexia, nausea• Right upper quadrant pain• Peripheral swelling• Rapid weight gain	<ul style="list-style-type: none">• Elevated jugular venous pressure• Rales[‡]• Pleural effusion[‡]• Increased intensity of pulmonary component of second sound• Third heart sound• Murmurs of mitral and/or tricuspid regurgitation• Pulsatile hepatomegaly• Ascites[§]• Pre-sacral, scrotal, or perineal edema• Peripheral edema

* Often when supine; † JVP is the most sensitive sign. Rales may not always be present; ‡ Not common in chronic HF;

§ May be difficult to distinguish from central adiposity