

## Heart Failure (CHF) Patient Pathway

### What to Expect on the Day of Admission (Day 1)

<b>Patient Outcomes</b>	This booklet will help you understand what will happen during your stay and why you were admitted to the hospital. If you do not understand, please ask your nurse.
<b>Assessment</b>	<p>Your temperature, pulse, breathing, oxygen level and blood pressure will be checked as required. Your nurse will also check every day for any increased swelling. Your weight and height will be measured. You will be weighed daily before breakfast. We will also measure the amount you drink and the amount you urinate every day.</p> <p>A nurse will ask if you smoke. If you do, and you are interested in quitting, education will be provided. You will be encouraged not to smoke during your hospital stay. We can offer you a nicotine patch while in hospital.</p>
<b>Tests</b>	During your stay, you may have blood tests, x-rays and tests to monitor your heart. They may be repeated during your stay. A heart monitor may be used to check your heart rhythm.
<b>Medications</b>	<p>You will be asked about all the medications you take at home, so your doctor has a current and accurate list. This includes prescription medications, over-the-counter medications, and herbal and vitamin supplements.</p> <p>You will receive medications to help your heart. These may include intravenous (IV) fluids and medication given through your IV. If you have any concerns or questions about your medications please speak to your nurse.</p>
<b>Treatment</b>	You may be given oxygen through small prongs in your nose or through a face mask if necessary. Your doctor may order a catheter, as you will receive medications that will make you urinate more than usual.
<b>Nutrition</b>	While in hospital, you will be on a low salt diet. The amount of fluids you can drink in a day may also be restricted.
<b>Consult</b>	A team of people, including a pharmacist, dietitian, physiotherapist, occupational therapist, social worker, respiratory therapist and Community Care Access Centre (CCAC) care coordinator, are already working on getting you home. They will explain who they are and what they do when they come to see you.
<b>Activity</b>	You will be encouraged to move as much as possible. We want to get you up moving at least once every six hours. This includes getting up in a chair, getting to a commode or walking to the bathroom if possible. Staff is available to assist you if needed.
<b>Education</b>	Your nurse will orientate you to your room and the unit you are on. Today, we will help you understand what Congestive Heart Failure (CHF) is, and give you an education package for you and your family. This package will be used throughout your stay to help you manage your disease when you return home. Please review this package with your family. We will work with you and your family to help prepare you for going home.
<b>Discharge Planning</b>	What are your goals and/or concerns for returning home safely? Please share any concerns and goals with your healthcare team.

## What to Expect on Day 2

<b>Patient Outcomes</b>	You should now be starting to breathe more easily. You might be urinating more because of the medications you have been given. You should notice decreased swelling and a decrease in your weight.
<b>Assessment</b>	<p>Your temperature, pulse, breathing, oxygen level and blood pressure will be checked daily. Your nurse will listen to your heart and lungs and check for any increased swelling every day.</p> <p>You will be weighed before breakfast and asked to help record your weight to prepare you for home.</p> <p>A physiotherapist may come to assess how your diagnosis affects your daily activities. He or she will assess your ability to move, and will teach you and your family strengthening exercises.</p> <p>A nurse will ask who your family doctor or nurse practitioner is, as you will need to follow up with him or her when you are discharged. If you do not have a family doctor or nurse practitioner, we will provide you with information to help you find one.</p>
<b>Tests</b>	Your doctor may order more tests for you today.
<b>Medications</b>	You will continue to receive medication for your heart. These may be changed as you improve.
<b>Treatment</b>	If you have oxygen, a heart monitor and/or a catheter, they may be removed today if you no longer need them.
<b>Nutrition</b>	You will continue on a low salt diet and fluid restriction if ordered. A dietitian may talk to you about your diet.
<b>Activity</b>	You will be encouraged to get out of bed, sit in a chair and walk short distances at least every six hours. Staff is available to help you if needed.
<b>Education</b>	<p>Your nurse will review the <i>Managing Heart Failure</i> booklet with you and your family. Today, you will focus on the following sections:</p> <ul style="list-style-type: none"> <li>• Medication Module - Knowing your CHF medications</li> <li>• Nutrition and Healthy Eating Module - Importance of maintaining a low salt diet</li> <li>• Heart Failure Management Module (self-monitoring skills) - Importance of weighing yourself daily</li> </ul>
<b>Discharge Planning</b>	Please review the sections of your book listed above. Please ask the staff if you have any questions. You may also write down questions if there is something that you do not fully understand about your care.

**Notes:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## What to Expect on the Day of Discharge

<b>Patient Outcomes</b>	You should now understand how to care for your CHF when you leave the hospital. You should be moving and walking like you did before you were admitted to the hospital.
<b>Medications</b>	<p>You may be given prescriptions when you are discharged. Please take them exactly as ordered.</p> <p>You will be given a list called <i>Patient Discharge Medications</i>. Please bring this sheet to your pharmacy and any follow-up appointments with your doctor or nurse practitioner.</p>
<b>Nutrition</b>	You should continue a low salt diet, choosing foods and drinks with low or no salt when you go home. You might be given instructions on limiting the amount of fluids you drink each day.
<b>Activity</b>	Remember not to do activities that leave you breathless and feeling unable to recover.
<b>Education</b>	<p>Before discharge, your nurse will review the following items with you and your family:</p> <ul style="list-style-type: none"><li>• Your medications</li><li>• New prescription(s) if ordered</li><li>• Discharge instructions</li><li>• Your follow-up appointment with your family doctor or nurse practitioner</li><li>• Future tests</li></ul> <p>Please take home with you:</p> <ul style="list-style-type: none"><li>• Managing Heart Failure Booklet</li><li>• CHF Action Plan</li><li>• CHF Patient Pathway</li></ul> <p>A CCAC case coordinator may revisit you to confirm the services you may receive at home.</p>

**Notes:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_