

Phoenix Home Care, L.L.C.

Heart Failure Protocol



Goals of care:

- Patient will maintain optimal cardiac function as evidenced by clear lung sounds, no shortness of breath, and absence of, or reduced edema
- Vital signs will be within normal limits for the patient
- Increased activity tolerance related to cardiovascular status
- Reduce rate of hospitalization

The patient and caregiver will be educated on the following:

- Daily weights (when to weigh, reason for weights, recording weights, and when to notify MD/RN)
- Notify MD of 2 lb weight gain in 24 hrs, or 5 lb weight gain in one week
- Lower extremity elevation
- Activity pacing
- Use of TED hose (if ordered)
- Measures to promote circulation
- Medication management and adherence
- Fluid restriction (if ordered)
- Diet management
- Healthy coping strategies
- Smoking cessation

Key assessment points:

- Weight (obtain from patient's daily weight chart)
- Orthostatic blood pressure
- Edema
- Lung and heart sounds
- Pulse oximetry
- Medication adherence
- Activity tolerance
- Adherence with diet and/or fluid restrictions