


CONGESTIVE HEART FAILURE

AMY KNIGHTS, RN, CDE
DIABETES/WELLNESS EDUCATOR
THE MEMORIAL HOSPITAL
CRAIG, CO




DEVELOPMENT OF PROJECT

- INITIATED BY DISCHARGE PLANNER
(CHIEF QUALITY OFFICER)
 - RECOUNTERS OF PATIENTS(IP/ER)
 - INCREASED LENGTH OF STAY
 - CHF PATHWAY TEAM -1/2001
 1. CORE MEASURES
 2. REVIEWED ARTICLES AND RESEARCH –
JAMA, LANCET
 3. 8 DIFFERENT MEMBERS ON TEAM-
RD, PHYSICIAN, RESP., PHARM.,RN
- 




CHF TEAM CONCLUSIONS

- PHYSICIANS, RD, RN KEY ROLE
 - REQUIRES LIFESTYLE CHANGES
 - EDUCATION
 - REALISTIC EXPECTATIONS
 - PROGNOSIS
- 




START OF CHF PROGRAM

- STARTED JAN. 2002
 - RN EDUCATOR
 - REFERRAL-PRIMARY OR SECONDARY DX
 - ER
 - CONTACT PATIENT
 - EDUCATION INITIATED
- 




PATIENT EDUCATION

- ACTIVITY LEVEL
 - DIET
 - MEDICATIONS-PILL BOXES (CFMC)
 - WEIGHT MONITORING- SCALES
 - WHAT TO DO IF SYMPTOMS WORSEEN
 - FOLLOW UP APPOINTMENT
 - SMOKING CESSATION
 - LVF ASSESSEMENT/ACE INHIBITOR(DR)
 - HYPERTENSION
- 



FOLLOW UP

- PHONE CALL IN 24 HOURS
 - HOME VISIT- 3 DAYS OF DISCHARGE
 - CONTINUE EDUCATION-
 - *TREATMENT OPTIONS, TRACKING FLUIDS, EATING OUT, FOOD LABELS, MANAGING STRESS, BEST CLOTHING CHOICES
 - EVALUATE HOME ENVIRONMENT
- 



CONCLUSION

- AFTER FIRST YEAR OF PROJECT ADMISSIONS HAD DECREASED BY 35% FROM THE PREVIOUS YEARS
 - READMISSIONS WITHIN 6 MONTHS-OVER LAST 2 ½ YEARS -2
 - JUST LIKE RESEARCH SHOWED- EDUCATION FOR PATIENT/FAMILY
 - ED. MATERIALS - AHA
- 