

# HealthSouth of Cincinnati Presents CHF Management

## PROGRAM OVERVIEW

### Congestive Heart Failure Patients

#### What Patients, Families and Physicians Can Expect

1. Admission begins January 1, 2016.
2. Each primary diagnosis of congestive heart failure (CHF) referred to HealthSouth Cincinnati will be identified during the admission process by an electronic record label and a purple charm on the patient's name band. A yellow charm will be added to the patient's name band if the patient is on I&O monitoring.
3. The referring physician will receive an update at his/her preferred time (identified on the preadmission goals) by a HealthSouth Cincinnati physician\*.
4. The HealthSouth Cincinnati pharmacists will meet with the patient within 48 hours of admission. They will also meet with any change in cardiac medication during the patient's stay to ensure he/she is well trained on the pharmacodynamics of the cardiovascular medications in their current treatment regimen. Pharmacy will document education via electronic ad hoc form.
5. The HealthSouth Cincinnati case manager will meet with the patient and/or family within three days after admission to review what can be expected during the program and the estimated length of stay, identify patient and family goals, and begin discussing post discharge plans to include: therapy, equipment needs and necessary follow-up care with provider(s) of choice upon discharge to home. When appropriate, an outpatient cardiac rehabilitation program could be discussed.
6.
  - a. The HealthSouth Cincinnati therapy team will offer the CHF patient therapy each day and up to six recorded walks a minimum of five days per week. (See walking record) Detailed guidance will be provided by physical and occupational therapy. (This is based on the patient's ability to tolerate walks.)
  - b. Nursing, therapy and respiratory therapies will all assist with patient walks, ideally two walks from each department per day. All walks will be documented for distance, time, oxygen needs, etc. The walking record will be documented in the electronic chart with each day's notes.
7. A baseline weight will be obtained from the referring hospital and upon admission to HealthSouth Cincinnati. Report weight gain of  $>/3-5\#$  to HealthSouth Cincinnati physician\*. Patient will be weighed each time on the same scale. Three days prior to discharge, the scale that will be utilized at home will be used until discharge and then continued to be used at home.
8. Pulse oximetry will be part of the routine vital signs required for all CHF patients.
9. Nursing will assess and report change in mental status (decreased problem solving, activity and abilities, and restlessness).
10. Strict input and output can be implemented with exacerbation or decompensation. Fluid restrictions may be established by physician at specific milliliters per 24 hours.
11. Recliners or wheelchairs with elevated leg rests will be available for this patient population in their room and in the gym to elevate lower extremities at least every two hours.
12.
  - a. The registered dietitian will meet with the patient and/or family to assess knowledge of nutritional requirements on heart failure and provide individualized education.
  - b. Within 24 hours of discharge, the case manager, pharmacist, nursing and therapy will meet with the patient and their family to ensure all medication and post discharge therapy exercises are fully understood by the patient. Dietitian will schedule final instructions with patient and/or family.
13. All CHF patients will be tracked for outcome reporting post discharge. Readmission rates, wound infection and FIM® gain will be areas of focus for this population. These metrics will be shared on a monthly basis with the entire hospital cardiac readmission team from the referring hospital and physician.
14. A compliance checklist will be generated by goals established and a compliance staff member will ensure nutrition education and compliance, physical and occupational therapy compliance, discharge planning compliance, family and patient training compliance, and post discharge physician appointment(s) are scheduled.

\* The hospital provides access to independent physicians.