



**GREY BRUCE HEALTH NETWORK**

**EVIDENCE-BASED CARE PROGRAM**

**CONGESTIVE HEART FAILURE**

**PATIENT PATHWAY**

PROCESS	EMERGENCY
<b>ASSESSMENT</b>	We will assess your temperature, blood pressure, pulse, respiration and oxygen level.
<b>TESTS</b>	We will do some blood tests to help diagnose your condition. An Electrocardiogram (ECG) will be done. An x-ray of your chest may be done.
<b>MEDICATIONS</b>	You may receive intravenous medications. You will be asked about your regular daily medications you take at home. You should not take any of these while in hospital unless notified otherwise.
<b>TREATMENTS</b>	You may have oxygen by prongs in your nose or a mask.
<b>NUTRITION</b>	
<b>ACTIVITY</b>	You may be restricted to bed rest today.
<b>EDUCATION</b>	Be sure to tell the nurse when you are short of breath with activity and/or at rest.
<b>DISCHARGE PLANNING</b>	You may be admitted to the hospital.

<b>PROCESS</b>	<b>PHASE 1 (APPROXIMATELY 2 DAYS)</b>
<b>ASSESSMENT</b>	<p>We will check your temperature, blood pressure, pulse and oxygen level often throughout the day.</p> <p>We will assess your breathing for shortness of breath.</p> <p>We will listen to your chest.</p> <p>We will check for any swelling.</p> <p>We will monitor your fluid intake and record your daily weight.</p> <p>You will be asked about your medical history.</p>
<b>TESTS</b>	<p>We will do some more blood tests to help diagnose your condition.</p> <p>An x-ray of your chest will be done, if not done in the emergency room.</p>
<b>MEDICATIONS</b>	<p>You will be given medications as ordered by the doctor.</p> <p>The medications you take at home may be changed to better manage your symptoms.</p> <p>You may receive intravenous medications.</p>
<b>TREATMENTS</b>	<p>You may need oxygen to help you breathe.</p>
<b>NUTRITION</b>	<p>You will be on a healthy heart diet with a salt restriction. This will be explained to you.</p> <p>You may be instructed to reduce your fluid intake.</p>
<b>ACTIVITY</b>	<p>Initially, you will be on bed rest.</p> <p>You will be encouraged to sit up for meals.</p>
<b>EDUCATION</b>	<p>You will be told about the hospital routines and the importance of telling the nurse if you have any chest discomfort.</p> <p>A nurse will go through the “Managing Congestive Heart Failure” education booklet and patient pathway with you.</p>
<b>DISCHARGE PLANNING</b>	<p>If you have any questions, be sure to ask the nurse.</p> <p>If you need additional supports to go home safely, this will be discussed with you before discharge.</p>

<b>PROCESS</b>	<b>PHASE 2 (APPROXIMATELY 3 DAYS)</b>
<b>ASSESSMENT</b>	<p>We will check your temperature, blood pressure, pulse and oxygen level often throughout the day.</p> <p>We will assess your breathing for shortness of breath.</p> <p>We will listen to your chest.</p> <p>We will check for any swelling.</p> <p>We will record your daily weight.</p>
<b>TESTS</b>	<p>We may do some more blood tests.</p> <p>An x-ray of your chest will be done.</p>
<b>MEDICATIONS</b>	<p>You will be given medications as ordered by the doctor.</p> <p>Your medications may change slightly while in hospital in order to stabilize your condition.</p>
<b>TREATMENTS</b>	<p>If you do not normally receive oxygen at home, you should be off oxygen now. If you do receive oxygen at home, it should be at the same level as at home.</p>
<b>NUTRITION</b>	<p>You will be on a healthy heart diet with a salt restriction.</p>
<b>ACTIVITY</b>	<p>You should be at the same level of activity you were at before coming to hospital.</p>
<b>EDUCATION</b>	<p>A nurse will continue to go through the education materials with you.</p> <p>You will be asked to keep a record of your daily weight to monitor any changes.</p>
<b>DISCHARGE PLANNING</b>	<p>Discharge plans will be discussed with you and your family.</p>

<b>PROCESS</b>	<b>HOSPITAL DISCHARGE</b>
<b>ASSESSMENT</b>	
<b>TESTS</b>	
<b>MEDICATIONS</b>	Your medications will be reviewed.
<b>TREATMENTS</b>	
<b>NUTRITION</b>	
<b>ACTIVITY</b>	Activity levels for home will be reviewed.
<b>EDUCATION</b>	If you have any additional questions before going home, be sure to ask the nurse. Even after you leave the hospital, you will be asked to keep a record of your daily weight.
<b>DISCHARGE PLANNING</b>	Follow up appointments will be made before you go home.

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