

VAPHS CHF PROGRAM

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CHF Outpatient Clinic

- Established August, 2004 by Dr. Ravi Ramani
- Patients seen every 6-8 weeks
- CHF Hotline
- 2004 – 2005, readmission rates for CHF reduced by 78%

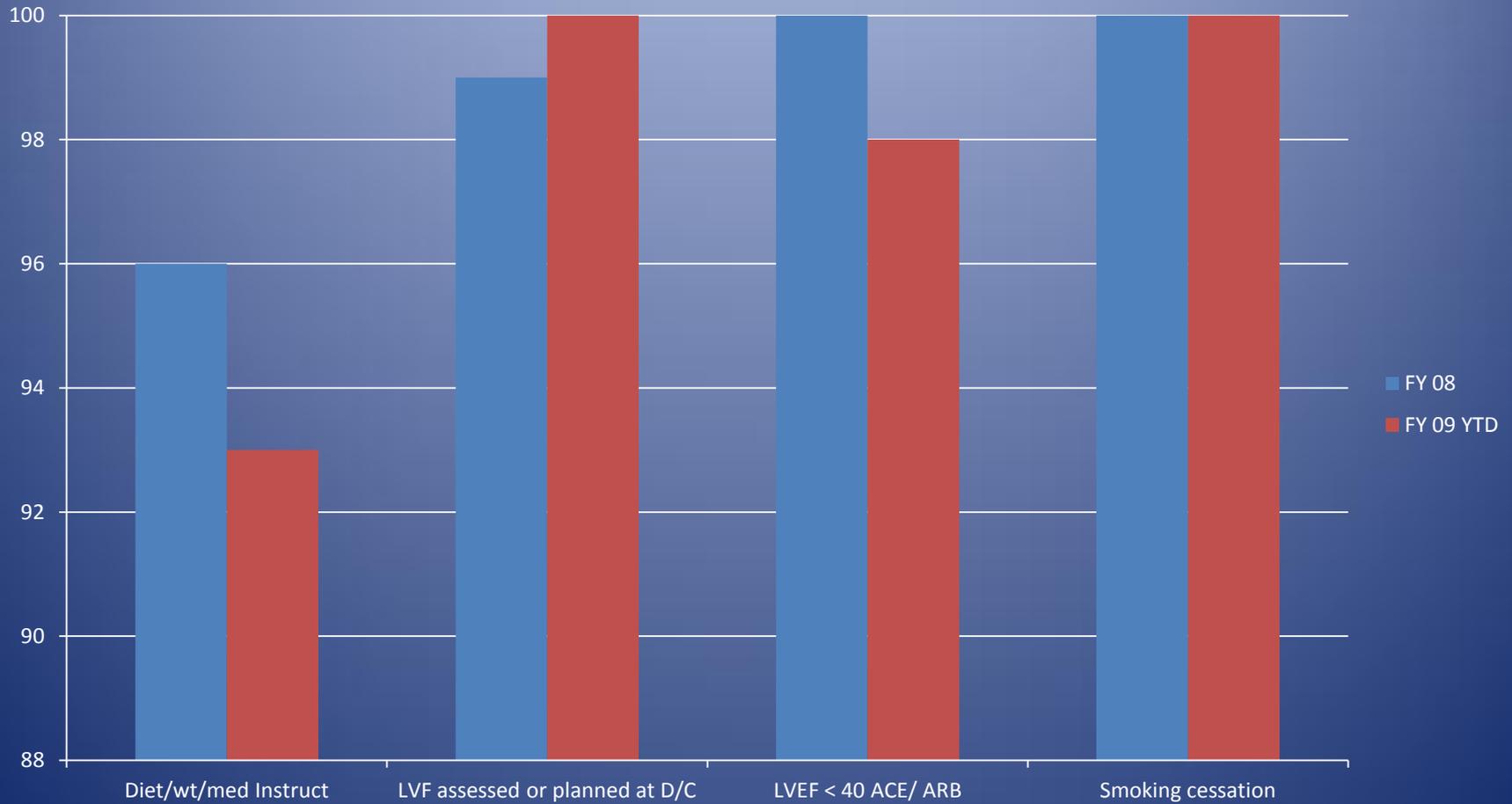
CHF Committee

- Organized October of 2007
- Purpose – to improve compliance with CHF Performance Measures
- Team – MD's, CRNP's, RN's, Computer Specialists, Pharmacist, Quality Improvement Specialist, Dietician, Staff Education

Critical Performance Measures

- Inpatient discharge instruction for diet/weight/medications
- Inpatient LVSF assessed or planned at discharge
- Inpatient LVSF < 40 on ACE-I or ARB at discharge
- Smoking cessation advice

EPRP Performance



Barriers

- Discharge orders templates, discharge instructions and outpatient templates need to match EPRP data base question requirements.
- Staff continued awareness of Performance Measures

Solutions to Barriers

- Compare all templates and make sure that they match for the required information on performance measures.
- Educate staff on performance measures.

Telehealth Monitoring

- Consult initiated by MD/CRNP
- Equipment set-up; B/P Cuff, Scale
- Daily monitoring
- Alerts to provider and increased communication with patient help to decrease readmission rates.

Goals Realized

- Patient Education – CHF Booklets
- Templated note for CHF Education documents that pt was instructed on proper diet, daily weights, medications, exercise and when to call provider.
- Improved use of BB and ACE-I,
 - Use must be verified in discharge order template (includes reasons why patient may not be on BB or ACE-I)

CHF Education Note Template

- CHF education was completed.
- The patient was instructed to record weight daily and call PCP/Cardiologist if he/she gains more than 2-3 pounds in 1 night or greater than 5 pounds in 1 week.
- The following education/information was included:
 - * Booklet "Learning to Live With Heart Failure" which reviews:
 - + Causes and symptoms of CHF.
 - + Different type of medications, ACE-I, Beta Blockers, Diuretics, Digoxin and Vasodilators.
 - + Cardiac Diet - listed foods that are high and low in sodium, how to eat less sodium, how to read nutrition labels, tips for dining out and lifestyle changes.
 - + Maintaining Dry Weight (to call provider if you gain more than 3 lbs in 1 day or more than 5 lbs in 1 week).
 - The importance of tracking daily weights.
 - + How routine exercise benefits patients with CHF.
 - + How to prevent leg swelling.
 - Patient verbalized understanding
 - Perceived intent to follow instructions: Likely
 - Level of Understanding: Good.

InPatient Monitoring

- Data Warehouse
- CHF Ward Summary Lists
- BNP & Troponin Lists
- Collaboration with Nursing Staff
- Documentation of CHF Education

CHF Performance Team

- Recipient of FEB Chairman's Award, Bronze in May of 2009

Future Plans

- Expand the scope of Inpatient education
- Expansion of Outpatient Clinics
- Research to improve practice and enhance quality of life and reduce readmissions