

Patient's Activities and Goals

Name: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_

Room # \_\_\_\_\_

Date \_\_\_\_\_

Nurse's Signature \_\_\_\_\_

**Congestive Heart Failure Care Path**

		Date / Time
Activity	<ul style="list-style-type: none"> <li>Up with assistance at first and you may have a catheter to collect urine.</li> <li>Your activity will progress to walking in the hall at least three times a day.</li> </ul>	
Diet	<ul style="list-style-type: none"> <li>You will be on a low salt diet and continue any restrictions you were on at home.</li> </ul>	
Medications	<ul style="list-style-type: none"> <li>You will receive medication to help remove excess water. This will be through your IV and then progress to pill form.</li> <li>You may also receive medication which will help strengthen your heartbeat and possibly lower your blood pressure.</li> </ul>	
Tests and treatments	<ul style="list-style-type: none"> <li>Chest X-Ray, blood tests, EKG</li> <li>Ultrasound of your heart</li> <li>Oxygen and heart monitor</li> <li>You will be weighed early every morning</li> </ul>	
Things You Need to Know	<ul style="list-style-type: none"> <li>Medical Social Worker is available if you have any concerns (call 365-5297).</li> <li>Notify your nurse if you have <b>any</b>:               <ul style="list-style-type: none"> <li>Chest pain / discomfort</li> <li>Shortness of breath</li> <li>Dizzy spells</li> <li>If you feel as though your heart rate has                   <ul style="list-style-type: none"> <li>Become very fast or irregular</li> </ul> </li> </ul> </li> <li>Education will begin to help you understand:               <ul style="list-style-type: none"> <li>Your heart problem</li> <li>Salt restrictions in your diet</li> <li>Your medications</li> <li>Importance of follow-up care</li> <li>(If you are a smoker) How smoking damages your heart, ways stop, support groups / classes available at Memorial Hospital HealthLink (call 444-2273)</li> </ul> </li> <li>An Out-Patient Cardiac Educator is available. If you are interested, please call (719) 365-6987</li> </ul>	

This is a guide and will be individualized to help us plan your care.

A "Patient Pathway"  
is a guideline of what you can expect during your stay  
and will be individualized to meet your needs.

Types of medications you will receive may include:

**Vasodilators** - help blood flow more easily by relaxing the blood vessels and lowering blood pressure. This category includes drugs known as ACE Inhibitors or ARB's.

**Digitalis** - helps strengthen your heartbeat

**Diuretics** - help to rid your body of excess water that may collect in your hands, feet and lungs. Less fluid to pump eases the workload of the heart.

**Beta Blockers** – help lower blood pressure and slow the heart rate.

**Antihypertensives** – help lower blood pressure.

**Antiarrhythmics** – help control a rapid or irregular heart rate.

**Anticoagulants** - help prevent blood clots which can cause a heart attack or stroke.

**Potassium** – supplements may be given to replace what you lose with the diuretics.