**Patient’s Activities and Goals**

Name: __________________________ Patient’s Signature: ____________________

Room # _________ Date _________________ Nurse’s Signature _________________

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**Congestive Heart Failure Care Path**

<table>
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<tr>
<th>Activity</th>
<th>Date / Time</th>
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| • Up with assistance at first and you may have a catheter to collect urine.  
  • Your activity will progress to walking in the hall at least three times a day. | |

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<tr>
<th>Diet</th>
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<td>• You will be on a low salt diet and continue any restrictions you were on at home.</td>
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<tr>
<th>Medications</th>
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| • You will receive medication to help remove excess water. This will be through your IV and then progress to pill form.  
  • You may also receive medication which will help strengthen your heartbeat and possibly lower your blood pressure. | |

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<tr>
<th>Tests and treatments</th>
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| • Chest X-Ray, blood tests, EKG  
  • Ultrasound of your heart  
  • Oxygen and heart monitor  
  • You will be weighed early every morning | |

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<tr>
<th>Things You Need to Know</th>
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| • Medical Social Worker is available if you have any concerns (call 365-5297).  
  • Notify your nurse if you have **any**:  
    - Chest pain / discomfort  
    - Shortness of breath  
    - Dizzy spells  
    - If you feel as though your heart rate has become very fast or irregular  
  • Education will begin to help you understand:  
    - Your heart problem  
    - Salt restrictions in your diet  
    - Your medications  
    - Importance of follow-up care  
    - (If you are a smoker) How smoking damages your heart, ways stop, support groups / classes available at Memorial Hospital HealthLink (call 444-2273)  
  • An Out-Patient Cardiac Educator is available. If you are interested, please call (719) 365-6987 | |

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.