### Patient's Activities and Goals

Name: __________________________  
Patient’s Signature: _____________________

Room # _________  
Date _________________  
Nurse’s Signature _________________

#### Congestive Heart Failure Care Path

<table>
<thead>
<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. |             |

<table>
<thead>
<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.