

| Standard Order | Intervention Examples (many more Interventions) |
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| Instruct on: | |
| activity targets | Instruct on importance of frequent rest periods, pacing activities and avoiding overexertion. Instruct to increase activity as appropriate/tolerated. Evaluate compliance with activity measures to improve cardiac status. Evaluate compliance with taking frequent rest periods and pacing activities. Instruct on importance of maintaining consistent exercise/activity schedule, give examples of exercises that are allowed. |
| adaptive positioning and breathing techniques (dyspnea) | Instruct on and demonstrate use of semi Fowlers or full Fowler's position to decrease dyspnea and orthopnea (improve breathing). |
| cardiac rehab/cardiac preventive measures | Instruct on self-monitoring techniques related to cardiac condition and actions to take with abnormal findings. Instruct to avoid stressors that may precipitate exacerbation of disease (including fatigue, temperature extremes and infection). Instruct on cardiac rehab program elements and goals. Evaluate compliance with activity measures to improve cardiac status. |
| condition/symptom/disease management | Instruct on use of weight/symptom log. Instruct on meaning of ejection fraction and how it affects the treatment plan. Instruct on definition of disease process, potential causes and basic treatment or rehab goals. Instruct family to encourage patient to be as independent as possible. |
| diet | Instruct on effects of cholesterol, fat, salt, caffeine and alcohol on cardiac disorders and the need to monitor and limit intake. Instruct on hidden sources of sodium in commercial foods; provide written information as needed. Instruct on importance of good skin care to edematous areas; s/s of and how to prevent skin breakdown and what to report. |
| edema monitoring and management, skin care and wound prevention | Instruct on causes of, how to monitor, and measures to control edema. Instruct to elevate feet/legs when sitting or lying and have patient demonstrate position options. Instruct to change from lying, sitting and standing positions slowly. |
| emergency/safety and fall prevention measures | Instruct to change from lying, sitting and standing positions slowly. |
| medication management, effectiveness, purpose, side effects, new/changed medications | Instruct on basic home safety precautions to prevent injuries/falls. Instruct on purpose, action and side effects and how to monitor effectiveness of one or two medication/supplements and how and when to report medication problems. |
| pulse monitoring | Instruct on diuretic administration schedule to minimize interruptions with sleep (take last dose between 4 pm - 5 pm). Evaluate ability to take pulse, demonstrate as needed, and instruct on when to report pulse findings to RN/physician. |