

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