

Eventium Care Plan and Patient Education Tool Content Example

Care Element	Intervention	Patient Ed Tool, Page
Disease Process	<p>Provide contact phone numbers and who to contact during evenings and weekends for symptoms/concerns.</p> <p>Evaluate knowledge of S/S to report to RN/Therapist or Physician and those that need immediate medical attention. (Refer to Zone/Red Flag Plan). Use Teach Back Method to determine comprehension. Ask patient to repeat IN THEIR OWN WORDS.</p> <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>Evaluate ability to take pulse, demonstrate as needed, and instruct on when to report pulse findings to RN/physician.</p> <p>Instruct to record weight daily (same time, similar clothing) and to report (per physician order) weight gain.</p> <p>Instruct on causes of, how to monitor, and measures to control edema.</p> <p>Instruct on self-monitoring techniques related to cardiac condition and actions to take with abnormal findings.</p> <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 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>Instruct on reasons to avoid (limit) alcohol.</p>	<p>CHF SAH - Inside front cover</p> <p>CHF SAH - Page 3 - Safety CHF Stoplight</p> <p>CHF SAH - Page 24 - Activity/Weight/Symptom Log CHF SAH - Page 4 - Understanding CHF CHF SAH - Page 23 - Taking Your Pulse</p> <p>CHF SAH - Page 6 - Symptom Management CHF SAH - Page 6 - Symptom Management CHF SAH - Page 7 - Symptom Management CHF SAH - Page 9 - Live Better</p> <p>CHF SAH - Page 9 - Live Better</p> <p>CHF SAH - Page 7, 17 - Exercise / Activity CHF SAH - Page 5, 19 - Health Habits CHF SAH - Page 10 - Diet / Nutrition</p>
Nut/Hyd/Elim	<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> <p>Instruct on dietary restrictions of no added salt: use fresh or frozen foods, avoid canned and other foods high in salt, avoid using salt in cooking or at table.</p> <p>Instruct on how to calculate sodium content of foods/fluids.</p> <p>Instruct on S/S of dehydration, effects on disease process and actions to take.</p> <p>Instruct on foods high in potassium if on potassium-depleting diuretic; provide list of foods containing potassium.</p> <p>Instruct on salt substitutes and need for physician approval and how to flavor foods with herbs and spices.</p>	<p>CHF SAH - Page 11 - Diet / Nutriiton</p> <p>CHF SAH - Page 11 - Diet / Nutriiton</p> <p>CHF SAH - Page 10 - Diet / Nutriiton CHF SAH - Page 19 - Healthy Habits CHF SAH - Page 11 - Diet / Nutriiton</p> <p>CHF SAH - Page 10 - Diet / Nutriiton</p>
Activity	<p>Instruct to change from lying, sitting and standing positions slowly.</p> <p>Instruct on importance of frequent rest periods, pacing activities and avoiding overexertion.</p> <p>Instruct to elevate feet/legs when sitting or lying and have patient demonstrate position options.</p> <p>Instruct on and demonstrate use of semi Fowlers or full Fowler's position to decrease dyspnea and orthopnea (improve breathing).</p>	<p>CHF SAH - Page 3 - Ways to keep safe CHF SAH - Page 17 - Exercise / Activity CHF SAH - Page 6 - Symptom Management CHF SAH - Page 18 - Saving Energy & Breathing Easier Tips</p>
Safety	<p>Instruct on basic home safety precautions to prevent injuries/falls.</p> <p>Instruct on principles of Standard Precautions (proper handling/disposal of items coming in contact with body fluids).</p>	<p>CHF SAH - Page 3 - Ways to keep safe CHF SAH - Page 7 - Stay Healthy</p>
Psychosocial InterTEAM/Community	<p>Instruct on use of positive coping strategies.</p> <p>POST-HOSPITAL: Instruct pt/cg on need for primary care or specialist physician or other service follow-up appointments that need to be made within 7 days post hospital discharge. Identify barriers and assist in making and attending appointment(s) or provide phone numbers and timeframes.</p> <p>POST-HOSPITAL: Identify if follow-up physician appointments have been made for within 7 days of discharge from hospital. Intervene to set up appointments if not scheduled.</p> <p>Provide opportunity to practice and role play questions for PCP/ specialist in preparation for follow-up visits or next scheduled visit.</p> <p>POST-HOSPITAL: Assess if physician follow-up appointment was kept within 7 days of discharge from hospital.</p> <p>Instruct on how and why to reorder, obtain equipment, supplies, medications and lab tests following discharge.</p> <p>Instruct on importance of follow-up with physician/other services.</p>	<p>CHF SAH - Page 19, 20 - Healthy Habits CHF SAH - Page 28, 29 - Follow-up, Questions</p> <p>CHF SAH - Page 28, 29 - Follow-up, Questions CHF SAH - Page 28, 29 - Follow-up, Questions CHF SAH - Page 28, 29 - Follow-up, Questions CHF SAH - Page 28, 29 - Follow-up, Questions CHF SAH - Page 28, 29 - Follow-up, Questions CHF SAH - Page 28, 29 - Follow-up, Questions</p>