

CHF CLINICAL PATHWAY (INPATIENT)

	Admission/Day 1	Day 2	Day 3	Day 4 or Day of Discharge
Nutrition/Elimination	2gm Na diet, low fat, Strict I & O, laxative of choice if no BM after 72 hours 1500 cc fluid restriction	2 gm Na diet, or per nutrition consult; Strict I&O, laxative of choice if no BM after 72 hours	2 gm Na diet, AHA Step 2 (if CAD), or per nutrition consult; Strict I & O, laxative of choice if no BM after 72 hours	2 gm Na diet, AHA Step 2, (if CAD), or per nutrition consult; Strict I & O, laxative of choice if no BM after 72 hours
Pain Management	Pain meds as ordered/required	Pain meds as ordered/required	Pain meds as ordered/required	Pain meds as ordered/required
Activity/Safety/Mobility/ADL's	Up as tolerated	Up ad lib	Up ad lib	Up ad lib
Diagnostic Studies Consults	CXR if not done in ER IV access EKG CBC, Chem 7, TSH (if not in last six months) Fasting lipids (if not in last 3 months) UA, albumin Glyco if indicated (and not done in last 3 months) Cycle cardiac enzymes ECHO (if not in last 6 mos.) Consults: CHF, Nutrition, Social Work, smoking cessation (if smoker)	Chem 7 Consider CXR Consider cardiac cath	Chem 7 Consider CXR	Chem 7 Consider Hospice referral as appropriate
Assessment/Monitoring	Pulse Ox VS and Nsg assessment Q8h & prn Weigh Daily Telemetry as indicated NYHA assessment	Pulse Ox VS and Nsg assessment Q8h & prn Weigh Daily Telemetry as indicated	Pulse Ox VS and Nsg assessment Q8h & prn Weigh Daily	Pulse Ox VS and Nsg assessment Q8h & prn Weigh Daily Evaluate for discharge
Interventions/Treatment	O2, Furosemide, ASA Lisinopril or alternative Consider Digoxin (DIG trial) Consider Aldactone (RALES trial)	Wean O2 Furosemide/Aldactone Lisiniopril/alternative Consider Beta blocker ASA	D/C O2 as tolerated Furosemide/Aldactone Lisiniopril/alternative ASA, Consider Beta blocker Most meds po	Continue meds D/C IV

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	Day 1	Day 2	Day 3	Day 4 or Day of Discharge
Education/Discharge Plan	Begin teaching to patient and family: S/S to report Importance of daily weights/scales Sodium Restriction Medication dosing Adverse effects to report Give copy of teaching materials	S/S to report: Importance of daily weights/scales Sodium Restriction Medication dosing ; adverse effects to report Instruct in use of sphygmomanometer Diet instruction as per nutrition	Reinforce all concepts: 1. Signs and symptoms of heart failure 2. How to weigh 3. How to measure BP 4. How to take meds 5. Rx side effects 6. Diet restrictions 7. How to use telephone follow up 8. Patient specific instructions	Verify patient understands: 1. Signs and symptoms of heart failure 2. How to weigh 3. How to measure BP 4. How to take meds 5. Rx side effects 6. Diet restrictions 7. How to use telephone follow up 8. Patient specific instructions 9. Follow up appointments