

CONGESTIVE HEART FAILURE (CHF)
DISCHARGE INSTRUCTIONS

Discharge date: _____ Time: _____

After you leave the hospital you should follow these instructions until you visit and/or talk with your doctor.

IF AN UNUSUAL MEDICAL PROBLEM COMES UP OR YOUR SYMPTOMS GET WORSE, CONTACT YOUR DOCTOR IMMEDIATELY

For addressograph

Diet: Regular Low Salt Low Fat restricted fluids _____ diabetic _____ Other _____
 Patient given copy of diet Patient and/or Caregiver states understanding of diet.
Activity and Exercise: No restrictions Resume normal activities as tolerated Up with assistance only
 Up with: Cane Walker Crutches Wheelchair Bed rest No heavy lifting
 No driving May return to work or school. Special instructions: _____

Pneumonia and Flu Immunization Status: Pneumococcal vaccine given as ordered at discharge.
 Flu vaccine given (October-February) as ordered at discharge Immunization Packet/Pamphlet given to patient
 Doctor does not wish to order immunization in hospital: Pneumococcal Flu vaccine Patient instructed to follow up with doctor to get immunization in doctor's office. No follow-up needed: Vaccine contraindicated

MEDICINE	AMOUNT	HOW	TIME/TIMES	SPECIAL INSTRUCTIONS

FOLLOW-UP APPOINTMENTS AND REFERRALS (Please call and confirm the following date and time):

WHO	TELEPHONE #	WHEN		WHERE
<input type="checkbox"/> Doctor		Date:	Time:	
<input type="checkbox"/> Doctor		Date:	Time:	
<input type="checkbox"/> Home-Health		Date:	Time:	
<input type="checkbox"/> Cardiac Rehabilitation		Date:	Time:	
<input type="checkbox"/> Physical Therapy		Date:	Time:	
<input type="checkbox"/> Other:		Date:	Time:	

If you did not receive an appointment date or time with your doctor or referrals, it is up to you to call your doctor's office and/or referral's office to make an appointment that is convenient for you. _____

The checked section(s) of information (explained on page 2) are important for you to understand. Review and follow these instructions when you get home.

- | | |
|---|--|
| <input type="checkbox"/> Congestive Heart Failure Patients <input type="checkbox"/> Packet/pamphlet | <input type="checkbox"/> Taking Your Medicines <input type="checkbox"/> Packet/pamphlet |
| <input type="checkbox"/> For CHF Patients Taking Coumadin <input type="checkbox"/> Packet/pamphlet | <input type="checkbox"/> For CHF Patients Who Are Also Diabetic <input type="checkbox"/> Packet/pamphlet |
| <input type="checkbox"/> Current Smoking/Tobacco User <input type="checkbox"/> Packet/pamphlet | <input type="checkbox"/> Dressing Care <input type="checkbox"/> Packet/Pamphlet. |

UNDERSTANDING OF DISCHARGE INSTRUCTIONS: The discharge instructions on pages 1 & 2 were explained to me and/or us. I or we understand these instructions are necessary for the continuing medical care of patients after they leave the hospital. I also give the hospital permission to release necessary information to the referral agencies. I received a copy of these instructions. Given By: Signature of Nurse: _____
 To: Signature of Patient: _____ Signature of Family Care Giver: _____

SPECIAL DISCHARGE INSTRUCTIONS SECTIONS

For Patients with Congestive Heart Failure (CHF)

CHF means that the heart is weakened and is not pumping blood to the body as well as it should. Since the heart is not pumping well, fluids can back up in other parts of the body causing swelling. Fluid backed up in the lungs can make it harder to breathe. CHF cannot be cured, but it can be controlled with careful teamwork between you and your doctor. Here are important things for you to know and do.

For Addressograph

CONGESTIVE HEART FAILURE PATIENTS:

- If any of your following symptoms (problems) start or get worse contact your doctor as soon as possible:
 - Shortness of breath.
 - Chest pain.
 - Cough.
 - Swelling of hands feet, legs.
 - Palpitations-sudden fast heart beats.
 - Decreased urine output.
- Weigh yourself first thing in the morning after you empty your bladder:
 - Use same scale.
 - Wear same amount of clothing.
 - Write your weight down on your chart.
 - Call your doctor if you have more than a 3-5 pounds weight gain in a week.
- Limit fluid intake as directed by your doctor.
- Follow your diet as directed.

FOR CHF PATIENTS TAKING COUMADIN:

- Eat less leafy green vegetables (Collard greens, turnip greens, spinach, kale).
- Talk with your doctor about lab work called PT/INR.
- See your doctor immediately if you develop any of the following symptoms:
 - Bleeding gums or any unusual bleeding.
 - Getting bruises without falling or hitting something.
- Tell your dentist and all doctors that you are taking this medicine.
- If you miss a dose, take it as soon as possible but **DO NOT DOUBLE A DOSE.**
- Avoid playing contact sports.
- Check with your doctor before taking herbal medicines.
- Carry identification that you take this medicine.

CURRENT SMOKING CIGARETTES/CIGARS/ PIPES/ &/OR CHEWING TOBACCO USER:

- It is important for you to quit smoking.
- Please talk with your doctor and ask about different ways for you to stop smoking.

TAKING YOUR MEDICINES:

- Take your medicines at the time your doctor ordered.
- Do not skip a dose of your medicines.
- If you miss a dose of medicine take it as soon as possible but **DO NOT DOUBLE A DOSE.**
- Read your medicine information when you get home.
 - Know all side effects of your medicines.
 - Call your doctor's office if you have any side effects.
- Avoid drinking alcohol, beer or wine.
- Be sure all your doctors know medicines and herbs that you take (including cold, flu, and herbal medicines).
- Carry a list of your medicines with you.

PAIN MEDICINES:

- If you do not get relief from your pain please call your doctor for help.

FOR CHF PATIENTS WHO ARE ALSO DIABETIC:

- Follow your diet as directed.
- See your doctor if any following symptoms (problems) start:
 - Changes in your eyesight.
 - Sores on your skin and feet.
- To help stop sores from starting on your feet and skin:
 - Look at your feet daily to see if you are developing sores.
 - Wear proper fitting shoes and padded athletic socks.
 - Avoid hot water or heating pads, etc. on your feet.
 - Make sure water temperature is not too hot before you take your bath.
- Take care of your teeth and gums.
- Get plenty of exercise.

DRESSING CARE:

- Change dressing as instructed by your doctor.
- Notify your doctor if you notice redness or swelling around dressing site.