

Figure 10

Use this checklist to guide education for the patient, family, and caregivers. Education provided should be culturally appropriate, and delivered verbally and in written form.

- Current meds
 - Dose/frequency
 - Indication
 - Potential side effects
 - Potential adherence issues
- Activity level _____
- Dietary sodium restriction _____ mg/day
- Fluid restriction Yes _____ L/day or No _____
- Daily weight monitoring
 - Has scale Yes No
 - Logbook Yes No
- Assessment of peripheral edema
- Smoking cessation counseling for current or recent smokers
- Substance use counseling, if applicable
- List of warning signs of decompensation
- What to bring to each outpatient appointment
 - List of meds
 - Recordings of daily weights
- Who to call for increased weight/worsening symptoms/ICD discharge

- Plans for continuation of care
 - Cardiologist follow-up appointment / /
 - Primary care follow-up appointment / /
 - HF disease management program / /
 - Cardiac rehabilitation / /
 - Anticoagulation services follow-up, if applicable / /

