

# THE SAI GROUP: CARE PATHWAY - HEART FAILURE

**Referral with diagnosis of CHF**  
(new or acute exacerbation)

**Initial evaluation** within 48 hours of referral or home return whichever is earlier

**Begin Telehealth** (+ Medication Monitoring if applicable) within 48 hours post evaluation with following checks

- Temperature– at least daily
- Heart rate– at least daily
- BP– at least daily
- Weight– at least daily
- Pulse-oxymetry– at least daily
- Blood glucose level (if diabetic)- as ordered
- EKG– once a week for 6 weeks (or as ordered)

Continue telehealth if risks present or for at least 1 episode if asymptomatic/ stable (unless discharged from home health before end of episode).

**OT/ PT Care** (to include but not limited to):

- Exercise/ activity tolerance
- Mobility
- Energy conservation/ work simplification
- ADL trg. as needed
- AE/ trg. as needed
- Pt. education/ FMP design & trg. as needed

- **Nursing re-visit** no later than 48 hours post evaluation
- Frequency of nursing and home health aide based on clinical/ functional needs stated on initial evaluation/ physician orders
- Refer to OT and/or PT (if no admission orders)

**Nursing care (includes but not limited to):**

- Review of drugs
- Watch for drug interactions/ side-effects
- Patient education w/ handouts / lifestyle management
- Medication administration/ management as needed
- Administration of annual influenza vaccination
- Administration of PPSV ( if no history or last dose more than 5 years ago before the age of 65; if previously vaccinated after age 65– none needed) \*
- Telehealth monitoring
- Check for s/s for CHF and temp., BP/ postural BP, HR, respiratory rate, oxygen saturation, weight, blood glucose level (if diabetic) with **each visit**
- Supervision of aide as needed

**All staff to check for s/s of CHF w/ each visit**

**Does patient complain of any of the following signs & symptoms:**

- Unrelieved shortness of breath or new shortness of breath at rest?
- Unrelieved or new chest pain?
- Wheezing or chest tightness at rest?
- Inability to sleep without sitting up?
- Inability to stand without severe dizziness or light headedness?
- Weight gain of 2 lbs. in a day or 5 lbs. in 3 days?
- Worsening edema?

**Yes**

**No**

**No**

**Do any of the following signs exist? (TELEHEALTH OR IN-PERSON)**

- Temp > 102°F (> 38.9°C)?
- Apical heart rate > 100 or < 50 bpm?
- Respiratory rate > 30/min?
- BP < 90 systolic?
- Oxygen saturation < 90%?
- Finger stick glucose < 70 or >400?
- New or worsening chest pain?

**Yes**

**Notify Physician Immediately/ hosp. discharge**

**Nurse to reconcile medications/ contact physician for possible orders for lab testing**

- Portable chest X-ray
- Blood work
  - Complete Blood Count
  - Basic Metabolic Panel
  - EKG (if telehealth discontinued before)

**Nurse to forward lab results to physician as soon as available and re-assess**

- Results of chest X-ray suggestive of CHF or pneumonia?
- Critical values in blood count or metabolic panel?
- EKG shows new changes suggestive of an acute MI or arrhythmia?
- Worsening clinical condition?

**No**

**Yes**

**Nurse to contact Physician to consider**

- Initiating or increasing diuretic dose
- Oxygen supplementation as indicated
- Monitor electrolytes & kidney function
- Initiating or modifying other cardiovascular medications
- Lifestyle suggestions

**Notify Physician Immediately/ consider discharge to hospital**

Discontinue services when goals achieved/ potential maximized/ no further skilled needs with physician approval, or as directed by physician