

Sample Care Plan

Patient name: _____

Clinic admitting date: _____

	Interventions/teaching by nurse	Patient outcomes
Date of visit: _____	<ul style="list-style-type: none"> • Introduce program goals • Assess patient • Review enrollment and results of tests • Provide heart failure information, weight records, diet information (salt and fluid restrictions) and medication handouts • Assess family and support care needs 	<ul style="list-style-type: none"> • Commits to heart failure clinic • Begins low-salt, balanced diet • Records daily weight
Date of visit: _____	<ul style="list-style-type: none"> • Signs and symptoms of heart failure • Salt restriction (using fact sheets) • Fluid restriction • Action to take if signs and symptoms occur • Review weight record 	<ul style="list-style-type: none"> • Verbalizes signs and symptoms • Agrees to contact clinic staff if signs and symptoms present • Verbalizes awareness of high-salt foods and need to restrict fluid intake • Records daily weight
Date of visit: _____	<ul style="list-style-type: none"> • Assess patient • Heart failure medications • Self-titration of diuretics • Review weight record 	<ul style="list-style-type: none"> • Records daily weight • Maintains a clear record of medications • Can identify and describe purpose of heart failure medications
Date of visit: _____	<ul style="list-style-type: none"> • Discuss need for exercise, and benefits gained • Provide information on how to begin exercise program • Explain exercise parameters and restrictions • Review weight record • Review salt and fluid restrictions 	<ul style="list-style-type: none"> • Begins a regular exercise program • Records daily weight
Date of visit: _____	<ul style="list-style-type: none"> • Assess patient • Finalize treatment plan • Validate patient assessment • Overview of pathophysiology of CHF • Elucidate specific signs and symptoms of individual patient 	<ul style="list-style-type: none"> • Awareness of diagnosis • Able to explain signs of heart failure

Date of visit: _____	<ul style="list-style-type: none">• Assess patient• Finalize treatment plan• Validate patient assessment• Review progress	<ul style="list-style-type: none">• Stable weight• Verbalizes improvement in functional capacity• Reiterates signs and symptoms, and who to call in an emergency
------------------------------------	--	--