



# Putting H.E.A.R.T. Into The Heart Failure Care Pathway

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## Background / Significance

- Underutilization of the hospital's Heart Failure (HF) Care Pathway increased the risk of missing nursing interventions such as daily weights, referrals, and patient education for HF patients.
- Hospital readmissions reduced patient's quality of life and imposed significant costs on the healthcare system.
- Aimed to implement interactive tools to encourage the initiation of HF self-management habits during hospitalization.

## PICOT Question

- In patients diagnosed with HF and admitted, will evidence-based focused nursing tools, in addition to standard HF care workflow, improve adherence to HF guidelines and improve knowledge gaps within three months?

## Outcome Measures

- Patient process measures-** Improve HF care knowledge:
  - Complete assigned HF videos
  - Demonstrate teach-back of self-management behaviors
  - Follow-up care with HF Care Clinic
- Nursing process outcome-** Improve adherence to guidelines
- Patient outcome measure-** Decrease HF readmissions

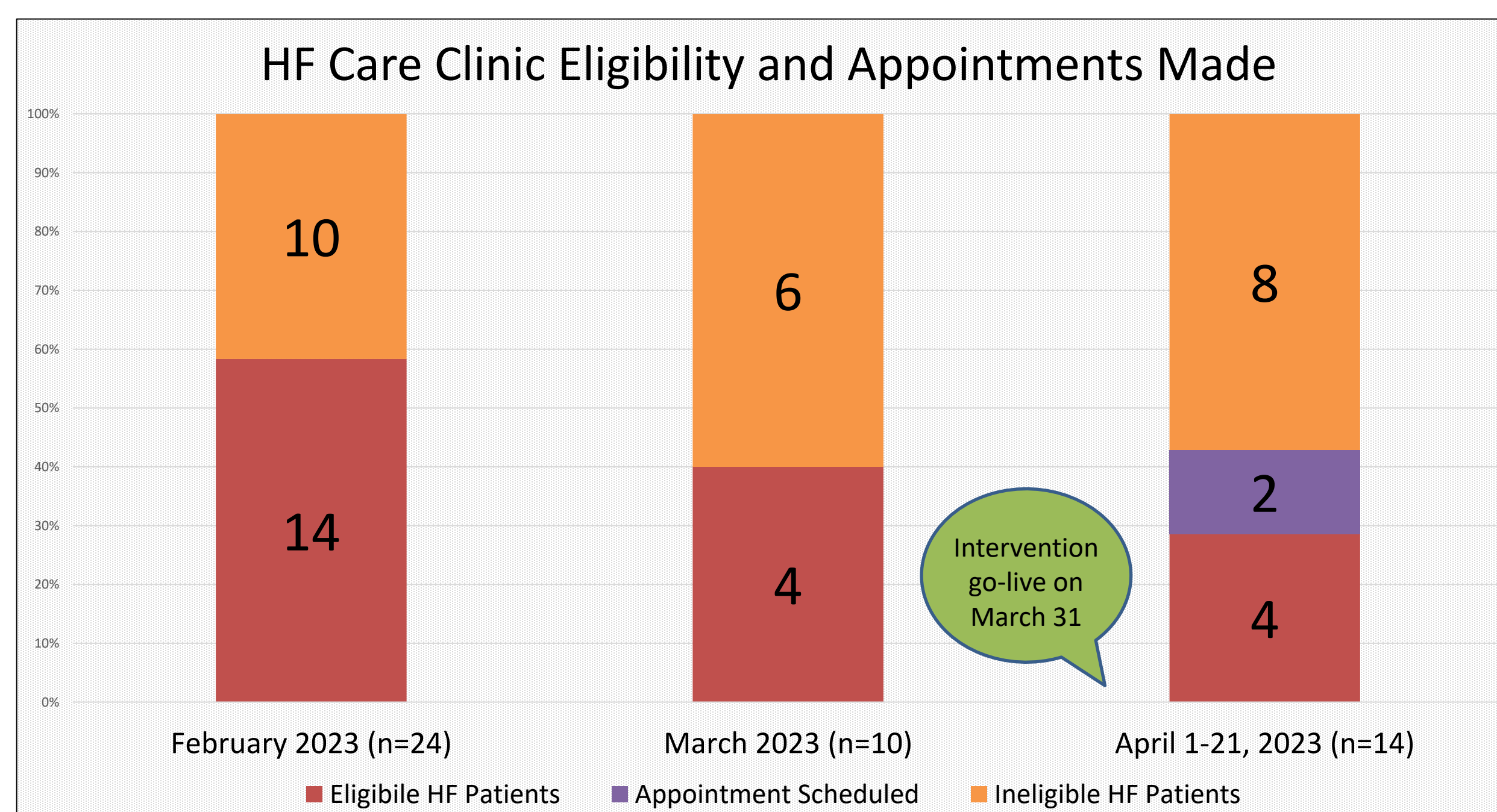
## Evidence-Based Interventions

**Holistic Education Assessment and activity Referral Teach-back**

## Results

**Delineate workflow to empower all staff to practice to the highest extent of their role**

Patient H.E.A.R.T. Progress Tool				
Activity	Day 1	Day 2	Day 3	Day 4
<b>Holistic care</b> to discuss with the nursing team	<input type="checkbox"/> What are your living and transportation arrangements?	<input type="checkbox"/> Do you have a scale and pillbox at home?	<input type="checkbox"/> What goal do you have for today?	<input type="checkbox"/> What are you most worried about regarding your HF diagnosis?
<b>Red HF Education Folder Papers</b>	<input type="checkbox"/> Daily Weight Log <input type="checkbox"/> Hidden Salts <input type="checkbox"/> Salt Daily Log	<input type="checkbox"/> Daily Weight Log <input type="checkbox"/> Medication Management Routine	<input type="checkbox"/> Daily Weight Log <input type="checkbox"/> Heart Failure Zones	<input type="checkbox"/> Daily Weight Log <input type="checkbox"/> Heart Failure-Discharge Instructions
<b>Get Well Education Video Topics</b>	<input type="checkbox"/> What is Heart Failure (HF)? <input type="checkbox"/> Medications used to treat HF <input type="checkbox"/> HF: Diuretics	<input type="checkbox"/> Know the symptoms of HF <input type="checkbox"/> HF: ACE Inhibitors, ARBs and ARNIs <input type="checkbox"/> Building a support network	<input type="checkbox"/> Managing your HF medications <input type="checkbox"/> Your heart healthy diet <input type="checkbox"/> Finding Support <input type="checkbox"/> Monitoring symptoms	<input type="checkbox"/> HF: Preparing for discharge <input type="checkbox"/> How to handle a HF flare-up <input type="checkbox"/> Your care at home: managing your HF
<b>Weight Assessment</b>	<input type="checkbox"/> Standing Scale Or <input type="checkbox"/> Bed Scale _____ kg/lbs	<input type="checkbox"/> Standing Scale Or <input type="checkbox"/> Bed Scale _____ kg/lbs	<input type="checkbox"/> Standing Scale Or <input type="checkbox"/> Bed Scale _____ kg/lbs	<input type="checkbox"/> Standing Scale Or <input type="checkbox"/> Bed Scale _____ kg/lbs
<b>Intake and output Assessment</b>	<input type="checkbox"/> Total amount in <input type="checkbox"/> Total amount out	<input type="checkbox"/> Total amount in <input type="checkbox"/> Total amount out	<input type="checkbox"/> Total amount in <input type="checkbox"/> Total amount out	<input type="checkbox"/> Total amount in <input type="checkbox"/> Total amount out
<b>Walking Activity</b>	Walk 4 Times <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft	Walk 4 Times <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft	Walk 4 Times <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft	Walk 4 Times <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft <input type="checkbox"/> Distance: _____ ft
<b>Chair Activity</b>	Sit in Chair for all meals <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	Sit in Chair for all meals <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	Sit in Chair for all meals <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	Sit in Chair for all meals <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
<b>Teach-Back Topics</b>	<input type="checkbox"/> Daily weight journal	<input type="checkbox"/> Signs and symptoms to watch for	<input type="checkbox"/> Medication management	<input type="checkbox"/> Follow-up plan



## Summary / Limitations

- Continued monitoring is crucial before adopting and disseminating the H.E.A.R.T. tools.
- Recognized the necessity to enhance language and sensory deficit options in patient education materials.
- Improved adherence to the process could be achieved through a streamlined automated system.

## Conclusion

- Initial data supports the effectiveness of tools employing visual cues for HF management, such as the H.E.A.R.T. tools.
- It is essential to capture the value of the patient, caregiver, and nursing roles in preventing readmissions.
- Consider incorporating a pillbox as a component of patient teach-back.

- Consider the integration of a HF CNS for care coordination and patient education.

## Acknowledgements / Disclaimer

- This project would not have been successful without the inpatient team, USD Hahn School of Nursing Professors, my family, and my peers.

The views expressed in this poster are those of the author and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, or the United States Government.

- 100% of the patients completed the HF Care Clinic appointment.

- Assignment and completion of other educational videos.
- 14 HF educational folders disseminated for use.



Scan for H.E.A.R.T. tools, EBP practice model with project steps, and references.

