

CONGESTIVE HEART FAILURE (CHF)

Heart failure indicates that the heart is not pumping blood to meet the body's demand.

Problems associated with CHF:

- Shortness of breath
- Weakness
- Heart palpitations
- Dizziness
- Edema
- Weight gain
- Frequent urination at night

WHAT YOU CAN EXPECT FROM OUR PROGRAM

Proper assessment of cardiopulmonary status utilizing validated assessment tools as well as appropriate intervention is very essential in managing CHF. By properly implementing symptom control measures, improvement is expected in:

- Endurance
- Strength
- Balance
- Walking
- Daily Activities
- Quality of life

WHAT YOU CAN DO TO AID IN THE RECOVERY PROCESS

Necessary patient/family involvement includes:

- Participating in evaluation/questionnaires
- Following plan of care/home exercise program provided by the therapists
- Participating in daily protocol activities
- Keeping a log of any changes/worsening
- Informing the therapist/nurse of any changes in medications

THE PATHWAY TO RECOVERY



PHYSICAL THERAPY

- Treatment Activities:**
- Cardiopulmonary assessment/monitoring
 - Strength and endurance testing
 - Balance activities
 - Pain management
 - Range of motion
 - Fall risk clearance
 - Home safety clearance
- Equipment:**
- Finalized home exercise program
 - Pulse oximeter
 - Sphygmomanometer
 - Blood pressure cuff
 - Electrical stimulation

OCCUPATIONAL THERAPY

- Treatment Activities:**
- Bathing, dressing, toileting, self-feeding
 - Energy conservation
 - Range of motion
 - Balance
 - Basic home activities (cooking, cleaning, laundry, etc.)
- Equipment:**
- Home evaluation
 - Finalized home exercise program
 - Pulse oximeter
 - Sphygmomanometer
 - Blood pressure cuff

NURSING

- Treatment Activities:**
- Medication management/assessment
 - Blood pressure monitoring
 - Assessment for medical equipment needs
 - Education on the disease process, treatment goals and self-care management
 - Assessment and monitoring to facilitate a stable cardiac/respiratory/neurologic/emotional status throughout episode of care
 - Management of condition in home to prevent re-hospitalization, ER visit, and unplanned physician's visit



EXERCISE MONITORING TOOLS

- Target Heart Rate: Karrison Method
- Exertion: Rating of Perceived Exertion (RPE)
- O2 Level: Pulse Oximeter
- Balance: TUG, Tinetti, Berg, Functional Reach Test, Gait Analysis

