



Cardiac Clinical Pathway & Assessment/Plan of Care:

Acute

Cardiovascular Risk Factors

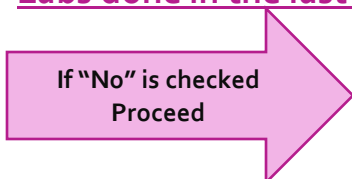
Cardiovascular History: _____
 Dyslipidemia Yes _____ No _____ Hypertension Yes _____ No _____
 Diabetes Yes _____ No _____ Family Hx of CAD Yes _____ No _____
 Smoking: Never _____ Current Cigs/Day _____ Previous Year Quit _____ Alcohol Use _____
 Stress Source/Management _____
 Normal Activity Level _____
 Did resident receive Influenza and Pneumonia Vaccine? Yes _____ No _____ Date/Notes: _____

Past Medical History

Thyroid Disease Yes _____ No _____ Cancer Yes _____ No _____
 Liver Disease Yes _____ No _____ Bleeding Disorder Yes _____ No _____
 GI Disease Yes _____ No _____ Insomnia Yes _____ No _____
 Renal Disease Yes _____ No _____

Labs done in the last 24 Hours

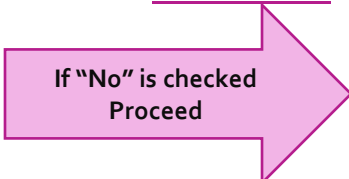
CBC Yes _____ No _____
 BMP Yes _____ No _____



To establish a baseline obtain all labs that have not been done in the last 24 hours.
 Signature: _____ Date: _____

Other Labs

TSH Yes _____ No _____
 Dig level if applicable Yes _____ No _____
 HGB A1C Yes _____ No _____



Call Physician to see if they would like these labs drawn.
 Signature: _____ Date: _____

Baseline Vital Signs & Weight

Temperature: _____ Lying BP: _____
 Apical Pulse: _____ Sitting BP: _____
 Respiration: _____ Standing BP: _____
 Weight: _____ Usual Body Wt: _____

Assessment

Color: Pink Pale Jaundiced Ashen Cyanotic Other _____
Temperature: Warm Cool Cold Other _____
Respiratory: SOA with exertion SOA at rest Cough ___non-productive ___productive
Lung Sounds: Clear Rales Rhonchi Crackles Wheezes Diminished Other _____
Heart Rhythm: Regular Irregular Pacemaker Other _____
Nail Beds: Normal Cyanotic Clubbing Capillary Refill: < 3 seconds _____ >3 seconds _____
Pulses: (see grade scale below)
 Radial Pulses: Regular Irregular Equal Grade _____ Notes: _____
 Carotid: Regular Irregular Equal Grade _____ Notes: _____
 Femoral: Regular Irregular Equal Grade _____ Notes: _____
 Dorsalis Pedis: Regular Irregular Equal Grade _____ Notes: _____

Pulse Grade Scale
 0 = Absent
 1+ = Palpable, but thread and weak
 2+ = Normal, easily identified
 3+ = Increased Pulse; moderate pressure
 4+ = Full, bounding



Cardiac Clinical Pathway & Assessment/Plan of Care:

Symptom Review and Management

Fatigue: Yes ___ No ___

Dizziness: Yes ___ No ___

Palpitations: Yes ___ No ___

Chest Pain: Yes ___ No ___

Pains Scale rating: _____

Is PRN Nitro ordered? Yes ___ No ___

History of Chest Pain: Yes ___ No ___

If "Yes" is checked to hx of or current Chest Pain Proceed

Onset: _____
 Frequency: _____
 Location: _____
 Duration: _____
 Description: _____
 Activities that produce or increase Pain: _____

 Call and See if physician wants PRN Nitro ordered
 Signature: _____ Date: _____

Dyspnea: Yes ___ No ___

Current O₂ in Use? _____

L/Min _____

Oxygen Sat: _____

If "Yes" is checked to dyspnea or O₂ sat below 90% - Proceed

If there is no record of a CXR done in the last 24.
 Call physician and see if they want a CXR.
 Signature: _____ Date: _____
 If O₂ sat is below 90% and oxygen is not in use apply
 Oxygen via nasal cannula – Titrate to maintain O₂
 sats above 90%
 Signature: _____ Date: _____

Apical Rate:

Regular: _____

Irregular: _____

If pulse is Irregular- Proceed

If Irregular rate is noted – Call and see if physician
 wants a 12 lead EKG
 Signature: _____ Date: _____

Circulation: Edema Present: Yes ___ No ___

Where: _____

Dependent ___ Pitting ___ Degree _____

If Edema is present Proceed

Refer to therapy for ABI and compression as
 indicated.
 Signature: _____ Date: _____

Surgical Incision/Wound: _____

Dressing Intact Swelling Redness Odor Drainage Yes ___ No ___ Color: _____

Signature: _____ Date: _____





Cardiac Clinical Pathway & Assessment/Plan of Care:

Acute Plan of Care

- Precautions: _____
- Physical Activity in conjunction with Therapy: _____
- Therapy Evaluation
- Weights Daily x 7 days – Notify physician if gain is >2.5 lbs in 24 hours.
- Intake and Output daily x 7 day
- Educate and encourage heart healthy choices with meals

Nursing/Dietary

Resident has an acute cardiac disease. Throughout the next 7 days resident will maintain stable signs of effective cardiac perfusion as evidenced by:

Goals for days 1-7	Interventions
Systolic BP: _____ Apical Rate: _____ Maintain weight of: _____ Maintain O2 Sat of: _____ _____	Monitor Vital Signs daily to monitor for changes Monitor Weight daily x 7 days, notify physician if gain is > 2.5 lbs in 24 hours Monitor cardiopulmonary status - Notify physician if change is noted Monitor fluid Balance with I & O Frequent rest periods to avoid fatigue and decrease the O2 demand Other: _____

Mobility/Therapy

During the next 7 days therapy staff will assess the resident's current level of function, develop an activity plan. Resident and direct care staff will be educated to improve the success of exercise, mobility and activity.

Goals for days 1-7	Interventions
Setting cardiac parameters and activity limits/precautions.	Assess cognition and communication to maximize resident's potential and compliance.
	Complete tug test if applicable
	Assess level and recommend nursing /restorative additional walking program.
	Complete standardized modified Borg Scale and 6 minute walk test if applicable

Education Needs

By day 7 resident and/or caretaker will be able to verbally voice understanding of the following:

Goals for days 1-7	Interventions
Identify 3 risk factors for Cardiac disease.	Provide verbal and written education
Understand precautions and body mechanics.	Educate resident on precautions and body mechanics with adl's and mobility
Understand energy conservation	Educate resident on self- assessment of activity tolerance
Understand healthy cardiac dietary choices.	Educate resident on healthy dining choices for cardiac health

Social Services

By day 7 psychosocial risk factors will be identified to promote multidimensional health

Goals for days 1-7	Interventions
Identify resident's level of commitment.	Complete Quality of Life Index – Cardiac Version on admit and again at day 7 if applicable
Identify psychosocial factors that may affect overall health.	Complete interview to identify any mood symptom indicators

Staff/Title/Date: _____ Staff/Title/Date: _____
 Staff/Title/Date: _____ Staff/Title/Date: _____



Cardiac Clinical Pathway & Assessment/Plan of Care:

Chronic

Nursing

Resident has chronic heart failure. Throughout the next 60 days resident will maintain stable signs of effective cardiac perfusion as evidenced by:

Goals for the next 60 Days	Interventions
Systolic BP: _____ Apical Rate: _____ Maintain weight of: _____ Maintain O2 Sat of: _____	Monitor Vital Signs daily to monitor for changes Monitor Weight every week, notify physician if gain is >5 lbs in 7 days Weekly comprehensive cardiac focused assessment Frequent rest periods to avoid fatigue and decrease the O2 demand

Therapy

Resident will be independent and mobile with all care needs in their projected transition location. Resident will:

Goals for the next 60 Days	Interventions
Function independently with all adl's for at least 48 hours before discharge Activity tolerance will be improved per Borg Scale	Continue PT/OT/SLP per individual plan of care Perform the modified Borg assessment weekly if applicable

Education – All Disciplines

Resident will be taught how to monitor their CHF with emphasis on early detection of these symptoms to prevent hospitalization. Resident will learn to:

Goals for the next 60 Days	Interventions
Properly identify when they are having CHF symptoms and when to call the physician. Properly obtain and record weight daily and when to notify their physician. Properly obtain and record BP and pulse and when to notify the physician. Properly identify healthy eating habits Properly identify exercise and rest balance	Review Living with Congestive Heart Failure Information booklet Regularly. Teach resident how to obtain and record daily weight Teach resident how to obtain and log blood pressure daily Instruct resident during therapy to recognize symptoms of fatigue and need to rest _____ _____

Social Worker

Prior to discharge risk factors for psychosocial deficits will be minimized to promote multidimensional health.

Goals for the next 60 Days	Interventions
Resident will remain motivated with a high level of commitment. Resident will have interventions in place to reduce psychosocial factors that may affect overall health Community resources will be engaged if needed	Complete Quality of Life Index – Cardiac Version within 1-3 days before discharge. Teach resident coping mechanisms to reduce stress Refer to community resources as needed _____

Staff/Title/Date: _____ Staff/Title/Date: _____
 Staff/Title/Date: _____ Staff/Title/Date: _____
 Staff/Title/Date: _____ Staff/Title/Date: _____

