

# CONGESTIVE HEART FAILURE PROGRAM



## Problem

- Congestive Heart Failure affects over 6.2 million adults – the majority being over the age of 65.
- CHF is one of the leading causes of hospitalizations in the United States and in our local community.
- A visit to hospital for heart failure usually lasts, on average, between five and ten days
- Rates of readmission are high in the elderly within 3–6 months after discharge, ranging between 27%–47%

*EasyLiving has recognized that information and education along with proactive care intervention are critical in preventing rehospitalizations for those diagnosed with CHF.*

*Research has also shown, when discharge orders are followed and healthy habits are sustained the chance of a rehospitalization are drastically reduced.*

## Solution

### EasyLiving Interventions (What we will do):

Our Registered Nurse will develop a detailed and clinically driven plan of care written specifically for each client, including signs/ symptoms to monitor.

### **Supportive Services Include:**

- Observation/Companionship – monitor client breath sounds and oxygen saturation, look for any swelling, and monitor/track vitals, including weight gain
- Meal Preparations – encourage and help clients follow special diets
- Housekeeping – provide all housekeeping services to reduce stress and exertion that can cause shortness of breath, dizziness, and falls
- Toileting – create a “toileting plan” such as a bedside commode or easy access to the bathroom as diuretics will cause frequent urination.
- Encourage Active & Passive Exercises – even the slightest exercise can help prevent the client's condition from getting worse.
- And other supportive services like: elevation & positioning, providing safe ambulation, and more!

### Caregiver Training

Our caregivers, or “Care Partners” as we like to call them, are carefully chosen based on our needs assessment with care compassion. EasyLiving provides advanced CHF training program for our caregivers developed and taught by our RN

### Remote Patient Monitoring/Care Technology

With the use of EasyLiving's Care Technology, track and monitor vitals for any potential concerns & accurate reporting to PCP/Specialists. Our goal is to maximize the heart's ability to function and decrease stress on the cardiac system which allows the client to remain at home and age in place.

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Source: National Institute of Health  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4292097/>