Heart Failure Education Teach-Back Guide						
On Admissio	on:					
HF Packet Gi	ven Y/N					
1. Identified learner:		_(patient or family member name)				
a.	Learner's name written on white board					
b.	b. Learner's name written in MS Part 1 under Primary Support					

- 2. Do you have heart failure Y/N
- 3. Do you take any medications for heart failure Y/N
- 4. If yes,_____

4 Teaching Points of Heart Failure

Patient Name:

- 1. List 3 warning signs of worsening Heart Failure
 - a. Shortness of Breath, Swelling, and feeling dizzy or weak
- 2. What medications do you take to control heart failure? a. Water pill
- 3. What food product has the greatest impact on your heart failure? a. Salt
- 4a. How often should you weigh yourself? a. At the same time every day
- 4b. What changes in your weight would cause you to call your doctor?
 - a. 2 pound increase in 1 day **OR** 3 pound increase in 1 week

Every Shift: Make sure Heart Failure Packet, Wt Log, and I & O sheet are in pt's room

Day RN: 1. Teach patient about weight and how to record on weight log and when to call MD

2. Teach patient about medications (water pill) and how to assess if working

Dinnertime RN: Teach patient about Low Sodium Diet choices

Bedtime RN: 1. Teach patient S/S of worsening Heart Failure

2. Review all teach-back topics

Night RN: Weigh patient and document in computer and on Heart Failure Weight Log

KEY 1 = More learning needed 2 =Knowledge sufficient

Date/Shift	Weight documented on log & in computer?	Teach-back About Weight *	Teach-back About Medication * (Water Pill)	Teach-back About Diet * (Salt)	Teach-back About S/S Worsening HF *
	2711				

^{**}EACH SHIFT NEEDS TO DOCUMENT TEACH-BACK IN CHANGE OF SHIFT NOTE!**