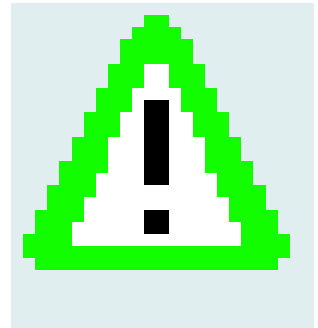


Management of Chronic Cardiac Failure patients: self-management philosophy and “My Home Plan”

Charlotte Steed
Chronic Conditions Care Coordinator
WACHS – SW
Bunbury Hospital

Chronic Cardiac Failure

- Identified on ward at BHC
- Referred by doctors, nurses, allied health
- Identified on the Flagging report/Dashboard
- Chronic Conditions Alert if previous client.





WACHS Chronic Conditions Dashboard

Patient Analysis, Monitoring and Reporting for the South West region

- TARGET PATIENTS (FLAG)
- INPATIENT EVALUATION
- EMERGENCY EVALUATION
- ANALYSIS OF INPATIENTS
- ANALYSIS OF EMERGENCY

[ADMITTED] Patients 11:59pm (Previous Day)

Admitting Region: South West | Select Hospital(s): All Hospitals | Option: Show Diabetes: Exclude Diabetes | Option: Exclude Care Types: Show All Patients

Hospital	Care Type	Ward	UEN	Enrolment	Original Admit Date-Time	Surname	First Name	Age	#	ED - CHF	ED - Respiratory	Inpatient - CHF	Inpatient - Respiratory	Diabetes (ICD)	CHF		
Collie	Acute Care	General Ward	Room 02 Bed 21	D0529218	Not Enrolled	8/03/2021 1:35:00 P...		61	1	0	0	0	0	5			
			Room 02 Bed 28	H7947342	Not Enrolled	10/02/2021 1:14:50 ...		85	1	0	3	0	3	0	0		
			Room 02 Bed 29	G7261403	Not Enrolled	26/02/2021 3:28:58 ...		80	1	1	0	1	0	0	0	0	
			Room 07 Bed 01	J2179625	Not Enrolled	8/03/2021 11:20:00 ...		59	1	0	1	0	0	3	0	0	
Manjimup	Acute Care	Inpatient Unit	Room 20 Bed 01	C0071491	Not Enrolled	10/03/2021 5:30:00 ...		82	1	0	0	0	0	0	9		
			Room 15 Bed 02	G7222947	Not Enrolled	17/02/2021 2:45:00 ...		80	1	0	0	0	0	0	0	3	
	Maintenance Care	Inpatient Unit	Room 04 Bed 01	D6012119	Not Enrolled	19/02/2021 8:30:00 ...		88	1	3	0	0	0	0	1		
			Room 05 Bed 01	E6048981	Not Enrolled	25/01/2021 8:30:00 ...		90	1	0	0	1	0	0	0	0	
Booyup Brook	Acute Care	General Ward	Room 01 Bed 01	C7810475	Not Enrolled	7/03/2021 3:00:00 P...		68	1	0	0	0	0	0	0	2	
			Room 02 Bed 02	J2097785	Not Enrolled	7/03/2021 10:18:36 ...		88	1	0	1	0	0	2	0	0	
Donnybrook	Acute Care	General Ward	Room 04 Bed 01	E0099246	Not Enrolled	9/03/2021 5:39:00 P...		73	1	0	0	0	0	1	6		
			Maintenance Care	General Ward	Room 02 Bed 01	H8019601		Not Enrolled	20/11/2020 2:26:00 ...	67	1	0	0	0	0	0	0
			Room 04 Bed 01	E0099246	Not Enrolled	9/03/2021 5:39:00 P...		73	1	0	0	0	0	1	6		
			Room 07 Bed 02	H8027136	Enrolled	5/03/2021 4:55:00 P...		78	1	1	11	0	6	0	0	0	
			Harvey	Acute Care	General Ward	Room 09 Bed 01		G0653219	Not Enrolled	24/08/2020 4:00:00 ...	56	1	0	0	0	0	0
Room 14 Bed 02	A4277284	Not Enrolled	24/02/2021 2:01:15 ...			73		1	0	0	0	0	0	0	1		
Margaret River	Maintenance Care	General Ward	Room 02 Bed 01	E6137476	Not Enrolled	18/02/2021 10:00:0...	73	1	1	0	0	0	0	1			
			Room 05 Bed 01	H4183670	Not Enrolled	24/02/2021 4:00:00 ...	92	1	0	1	0	1	0	0	0		
			Room 08 Bed 02	C6142303	Not Enrolled	19/02/2021 3:00:00 ...	91	1	0	0	0	0	1	0	0		
Grand total									55	10	34	6	34	161			

- Help topics
- TIBCO Spotfire Support
- TIBCO Community
- About TIBCO Spotfire

[EMERGENCY] Patients Currently in Emergency Department

Hospital	ED Location	UMRN	Enrolment	Arrival Date-Time	Triage	Presenting Complaint	Diagnosis	Surname	First Name	Age	#	ED - CHF	ED - Respiratory	Inpatient - CHF	Inpatient - Respiratory	Diabetes (ICD)	
Bunbury	ACUTE BAY 5	G7200991	Not Enrolled	11/03/2021 2:23:00 P...	3	Provisional Diagnosis -> ...	Melaena			58	1	0	1	0	0	3	
	RESUS BAY 2	G0336023	Not Enrolled	12/03/2021 10:07:00 ...	2	Respiratory -> Short Of ...	(Empty)			67	1	0	1	3	0	0	0
Busseton	ACUTE 16	H3423878	Not Enrolled	11/03/2021 11:26:16 PM	3	Other	Acidosis			29	1	0	0	0	0	0	4
							Unspecified acute lo...			29	1	0	0	0	0	0	4
Margaret River	OTHER	G0054786	Enrolled	12/03/2021 9:50:39 ...	2	Other	(Empty)			91	1	0	0	0	0	0	0
	(Empty)	G5641620	Not Enrolled	12/03/2021 9:31:47 ...	5	Other	Attention to surgical...			27	1	0	0	0	0	0	2

Insufficienza cardiaca cronica Chronic Heart Failure

Cos'è l'insufficienza cardiaca cronica?

L'insufficienza cardiaca cronica (definita anche scompenso cardiaco cronico) è una sindrome che si manifesta più volte nel tempo per cui il muscolo cardiaco si indebolisce e non riesce più a 'pompare' con la dovuta efficienza. Anche se si tratta di una patologia potenzialmente mortale, è possibile tenere sotto controllo i sintomi, evitare ricoveri ospedalieri superflui e condurre una vita più lunga e più sana gestendo la malattia e collaborando con il proprio team sanitario.

Sintomi dell'insufficienza cardiaca cronica

I sintomi più comuni dell'insufficienza cardiaca cronica comprendono difficoltà respiratoria, debolezza, aumento di peso e gonfiore addominale e/o a carico delle caviglie. È importante parlare al medico o all'infermiera o infermiere specializzati in insufficienza cardiaca dell'eventuale comparsa di nuovi sintomi o del peggioramento di quelli esistenti.

Come tenere sotto controllo l'insufficienza cardiaca cronica

Le tre principali azioni che potete intraprendere sono:

- Prendere i farmaci secondo le indicazioni del medico.** Potrebbero venirci prescritti vari farmaci. Se ritenete che i farmaci non danno i risultati sperati o vi causano dei disturbi, oppure se desiderate delle precisazioni, parlatene al medico, all'infermiere specializzato in insufficienza cardiaca o al farmacista di fiducia.
- Vigilare sulla quantità di liquidi nell'organismo e tenerla sotto controllo.** Ciò comprende la routine quotidiana di pesarvi, controllare l'assunzione di liquidi, limitare il consumo di sale e prendere i farmaci (diuretici) secondo le prescrizioni del medico.
- Adottare alcuni cambiamenti a lungo termine dello stile di vita.** È importante non fumare, limitare le bevande a base di caffeina e gli alcolici, mangiare sano, essere fisicamente attivi e raggiungere e mantenere un peso corporeo sano.

Potrete anche poter seguire un programma specializzato che vi aiuterà a gestire la malattia ed evitare futuri ricoveri in ospedale.

Convivere con l'insufficienza cardiaca cronica può essere impegnativo ed è normale sentirsi di tanto in tanto preoccupati, tristi o 'giù di corda'. Tuttavia, se vi sentite quasi sempre tristi o abbattuti, dovrete parlarne al medico, in quanto la depressione è un disturbo trattabile che colpisce molte persone affette da insufficienza cardiaca cronica.

Volate pagina per passare ai vostri piani d'azione (action plans) che offrono consigli sulla routine quotidiana e su quando richiedere le cure del medico.

L'opuscolo 'Living well with chronic heart failure' della Heart Foundation spiega con maggiore dovizia di particolari l'insufficienza cardiaca cronica e come tenerla sotto controllo. Offre consigli pratici su come tenere sotto controllo i sintomi e la quantità di liquidi nell'organismo e risponde ad alcune delle domande che vengono spesso poste dalle persone affette da insufficienza cardiaca cronica. Vi aiuterà a comprendere meglio la malattia e le varie terapie e può contribuire ad orientare le vostre discussioni con il vostro team sanitario. Per ottenere una copia del presente opuscolo, chiamate la Heart Foundation al numero 1300 36 27 87.

Piano d'azione per l'insufficienza cardiaca cronica (Action Plan)

N.B.: È importante formulare un piano d'azione personalizzato con il vostro team sanitario che tenga conto della gravità della vostra insufficienza cardiaca, di altri eventuali disturbi alla salute e delle vostre preferenze in materia di assistenza sanitaria.

Tutti i giorni dovete:

- Pesarvi e annotare il vostro peso.
- Limitare l'assunzione di liquidi e di sale secondo le indicazioni del medico.
- Prendete i farmaci secondo le prescrizioni del medico.
- Siate fisicamente attivi.
- Ricordate di richiedere assistenza medica in caso di necessità (vedere sotto).

Chiamate il medico o l'infermiere specializzato in insufficienza cardiaca quanto prima se:

- acquistate o perdetevi più di 2 chilogrammi nell'arco di 2 giorni
- accusate un peggioramento della difficoltà respiratoria a seguito delle vostre attività normali
- il vostro cuore batte molto rapidamente
- accusate capogiri intensi o svenimenti
- notate un peggioramento dell'angina pectoris
- notate un aumento del gonfiore a carico delle caviglie, delle gambe o dell'addome
- tossite intensamente - soprattutto alla notte
- in genere vi sentite più deboli o più tristi del solito.

Quando accusate un attacco di angina:

- Fermatevi subito e riposare.
- Se il solo riposo non reca sollievo con la dovuta rapidità o efficacia, prendete una dose del vostro farmaco per l'angina.
- Se l'attacco di angina non si risolve nel giro di 5 minuti, prendete un'altra dose del vostro farmaco per l'angina.
- Se l'attacco di angina non si risolve del tutto entro 10 minuti da quando si manifesta, riposando e prendendo i farmaci, OPPURE è acuto O peggiora rapidamente, siete alle prese con una situazione d'emergenza. Chiedete l'assistenza del caso quanto prima. Telefonate al numero 000* e chiedete un'ambulanza. Non riattaccate. Attendete i consigli del caso dal centralino del numero 000.

* Se non riuscite a chiamare lo 000 dal cellulare, provate il numero 112.

Telefonate al numero 000* e chiedete un'ambulanza se:

- accusate un'improvvisa difficoltà respiratoria
 - accusate nuovi 'svenimenti'.
- *Se non riuscite a chiamare lo 000 dal cellulare, provate il numero 112.

For more information, refer to the source of this action plan—the Heart Foundation booklet 'Living well with chronic heart failure'. © 2008 National Heart Foundation of Australia. INF-043-C-ITA

Disclaimer: This report has been developed for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information contained in this material has been independently researched and developed by the National Heart Foundation of Australia and is based on the available scientific evidence at the time of writing. It is not an endorsement of any organisation, product or service. Whilst care has been taken in preparing this material, the National Heart Foundation of Australia and its employees cannot accept any liability, including for any loss of earnings, resulting from the reliance on the content, or for its accuracy, currency and completeness. This material may be relied on only for personal purposes or household use and is not intended to show, teach or advertise any product. This does not imply an endorsement or recommendation by the National Heart Foundation of Australia for such third party organisations, products or services, including those parties' materials or information. Any use of National Heart Foundation of Australia material by another person or organisation is done so at the user's sole risk. The entire content of this material is subject to copyright protection.



Name or Sticker:

My Home Plan

No Yes

- Fluid restriction** _____
- Daily weights and record these**
 - If your weight increases by 2kg in 48 hours see GP
- Sodium (salt) restriction**
 - Choose food with ≤ 120mg sodium per 100gms
- Contact your GP within 24 hours if you notice the following signs/symptoms:**
 - Increased shortness of breath on exertion or rest
 - Increased swelling in ankles, feet or abdomen
 - Waking at night with shortness of breath
 - Inability to lie flat
 - Dizziness or light-headedness
 - Palpitations
 - New or increasing chest discomfort
 - Persistent coughing
- Take heart medications as prescribed**
 - Avoid taking anti-inflammatory medications (non-steroids)
 - Avoid taking non-prescribed medication unless you have spoken to your GP/Cardiologist
 - Do not stop medication unless discussed with your doctor
- Ensure you have the following vaccinations:**
 - Flu vaccine yearly
 - _____
- No more than 2 caffeinated drinks per day**
- No more than 1-2 standard alcoholic drinks per day**
- Call an ambulance if you experience**
 - Chest pain that doesn't respond to medications in 10 minutes
 - Severe shortness of breath



Notes, comments or additional information

For any questions or further information please contact

GP Name _____ Phone _____

Specialist Name _____ Phone _____

Heart Health Information 1300 36 27 87

www.heartfoundation.org.au

Acknowledgements to Heart Failure Service, Sir Charles Gairdner Hospital

CCF Management

- If on fluid table should be aware of restriction.
- Best way to know if you are getting it right is x4 W's
 - (wake, wee, weight yourself, write it down)
- Things people don't typically account for:
 - Alcohol
 - Fruit
- Often just need to be told/made aware
- Conditions interact: Diabetes/ CCF, etc

Cardiopulmonary Rehabilitation

- Evidence based
- Lots of places offering it
- Client preferences: group, individual, time of day, lifestyle/work commitments, etc...

CardiHAB



CARDIAC REHABILITATION AT HOME

DIGITAL REMOTE CARDIAC REHABILITATION

Your clinician has joined forces with Cardihab to give you access to the SmartCR app enabling you to complete your cardiac rehabilitation from home.



DIGITAL CARDIAC REHAB

Cardiac rehab has been proven to improve quality of life, and significantly reduce the chances of experiencing a second cardiac event. It is strongly recommended that all patients who have a serious cardiac event participate in a 6-8 week program of cardiac rehabilitation soon after they are discharged.

Cardihab's digital cardiac rehab is delivered via the SmartCR smartphone app. You have the flexibility to complete the program at a place and a time that suits you and fits with your lifestyle. You can start the program as soon as it suits you – no need to wait for a space in a group and you are supported by your care team through regular one-to-one phonecalls.

SmartCR APP

Using the SmartCR app will help you:

- Complete your cardiac rehabilitation with fewer visits to the hospital clinic.
- Exercise at home.
- Track your blood pressure, step count, smoking, alcohol use and more.
- Record and keep track of your medications.
- Learn about heart health and your recovery with videos and online articles.
- Manage stress with guided relaxation audio.
- Stay on track with regular regular tasks to improve your health and cardiac knowledge.



Ask your care team about using the SmartCR app as part of a remote, flexible cardiac rehabilitation program.

HOW TO USE THE SmartCR APP

You will need an Apple iPhone or Android smartphone and ensure your phone has the latest software update. It is also important to know your password for iTunes or Google Play.

My Provider site is:

DOWNLOAD

1. Go to your phone's App Store, select 'Search' and type 'SmartCR'.

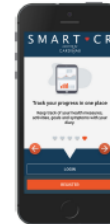


2. Tap the download cloud icon, wait for it to load and then tap 'Open'.



REGISTER FOR ACCESS

3. Open the app on your phone, and select 'Register'.



4. Tap the box 'I agree to the above'.
5. When you understand the Terms & Conditions and then tap 'Continue'.
6. Enter your name, gender and date of birth and tap 'Next'.



7. Check your mobile phone number is correct and enter the Provider site name given to you by your clinician, then tap 'Register'.



8. We will send you a text message with an SMS verification code. Enter the SMS code then tap 'Verify Code' and 'Allow' notifications to receive reminders.



You and your clinician can now start using SmartCR.

You can also watch our video explainer at www.cardihab.com/for-patients

Integrated Chronic Disease Care (ICDC) GP Down South



We aim to:



Improve the management of
chronic conditions



Facilitate increased engagement of
patients



Improve patient self-management



Improve access to a range of
multidisciplinary allied health
services within the local regional
area.

ITC- Integrated Team Care (SWAMS)

Chronic Conditions

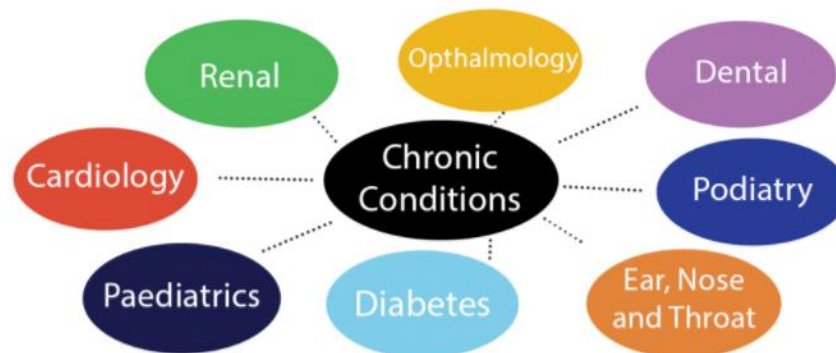
Chronic conditions are major contributors to the mortality gap between Aboriginal and Torres Strait Islander and other Australians. Approximately 80% of the mortality gap for people aged 35 to 74 years is due to chronic diseases.

The major contributors to this gap are heart diseases, diabetes, liver diseases, chronic lower respiratory disease, cerebrovascular diseases and cancer. Our SWAMS Chronic Conditions team is here to assist you with management of chronic diseases such as the above.

Specialist clinics

We offer regular clinics with visiting specialists to assist with the diagnosis and management of chronic conditions, dental health and children's health.

Our current specialist clinics include:





[Home](#) > [Health care](#) > [Country services](#) > [Health Navigator](#)

Health Navigator

Health Navigator

Health Navigator is a free phone service, designed to help people with chronic conditions get their health back on track.