

CHF—Follow-up Call Record

Patient: _____ Chart number: _____ DOB: _____

Phone number: _____ PCP: _____ Insurance: _____

Date: _____ Time: _____ Caller: _____

Type of call

Post-initial-teaching call Initial teaching date: _____

Post-hospital call Last discharge date: _____

Monthly follow-up call Last MD visit: _____

Social situation

Lives alone _____

Support system _____

Home health nurse _____

Physical assessment

Current weight: _____ Gain? No Yes → Amount: _____ Weighs daily & records: Yes No

Low-salt diet? Yes No Complaints? Yes No Needs teaching? Yes No

Experiencing any of these symptoms? (describe below)

shortness of breath abdominal bloating leg swelling cough chest pain fatigue/dizziness

(describe) _____

Activity level—circle the NYHA class number that best describes

Class I. No limitations: Ordinary physical activity does not cause undue fatigue, dyspnea, or palpitation.	Class III. Marked limitation of physical activity: Although patient is comfortable at rest, less than ordinary activity will lead to symptoms.
Class II. Slight limitation of physical activity: Such patients are comfortable at rest; ordinary physical activity results in fatigue, palpitation, dyspnea, or angina.	Class IV. Inability to carry on any physical activity without discomfort: Symptoms of congestive failure are present even at rest. With any physical activity, increased discomfort is experienced.

Medication assessment

Current medications: _____

Records as taken? Yes No Uses Mediset? Yes No Missed any doses? Yes No

Problems? Yes No Explain: _____

Teaching done: Diet Daily weight Medication compliance Activity Reportable s/sx

Next scheduled appointment: _____ Any transport problems? Yes No

Issues/plan: _____

Provider signature: _____

CHF—Follow-up Teaching Guide

Diet

- Low sodium, 2–3 grams/day (2000–3000 mg)
- One teaspoon salt equals about 2300 mg sodium
- Salt makes the body hold onto water and may lead to fluid buildup
- Read labels on packaged and canned foods for sodium content

Weight

- Weigh daily at the same time each day, wearing same weight of clothing
- Record weight in a daily weight diary
- Report any sudden weight gain: 2–3 pounds in 1 day, or 4–5 pounds over 5 days

Medication compliance

- Take exactly the amount prescribed; do not skip unless your provider tells you to
- If you miss a dose, do not take 2 doses at once
- Notify your doctor if you think you are having side effects
- Do not stop medications without instructions from your provider

When to call the PCP

- Sudden weight gain (2–3 pounds in 1 day, or 4–5 pounds over 5 days)
- Increased shortness of breath, especially when lying down
- Increased swelling in legs
- Cough that does not go away
- Any side effects from medication
- Not feeling well for any reason