

CHF desired patient outcomes

Wherever possible as a result of intensive regular review and management, patients will:

- Ø Report that they have a good understanding of heart failure and their role in managing this condition, actions they need to take to improve their condition, an understanding of their Action Plan (which is written, explained and given to the patient for reference) and an understanding of the role of their medications.
- Ø Have a wellness plan to encourage goal setting to promote lifestyle changes.
- Ø Report they are satisfied with their health care.
- Ø Be a non-smoker
- Ø Reduce alcohol intake (or if confirmed alcoholic cardiomyopathy is present – abstain completely.)
- Ø Monitor weight daily where possible
- Ø Be following a cardioprotective/less than 2gm salt per day diet
- Ø Be physically active (where possible) 30 minutes each day.
- Ø Be on a practice recall for annual influenza vaccination
- Ø Be compliant with their medications.