

Discharge Planning



Nicky Heartbreaker

Based on the patient's current diagnosis, treatment, and history use the table below to discuss the type of patient education (including health promotion) you will provide.

Topic	Education
Puncture Site Care	Monitor for signs and symptoms of bleeding and hematoma formation.
Follow-up/Compliance	Patient must adhere to medications and take warfarin 3-6 weeks prior to cardioversion for afib.
Blood Pressure	Maintain a heart healthy diet, low sodium, monitor BP daily, take prescribed BP meds according to prescription
Diet (sodium intake)	Lower sodium intake less than or equal to 1500mg/day
Exercise/Weight	Perform moderate- intensity aerobic physical activity for at least 30 minutes most days, with a goal of at least 150 min a week.
Smoking Cessation	Provide resources for smoking cessation including community programs and nicotine supplements (patches, gum, etc.)
Medication	Using the teach-back method, ensure patient is aware of proper medication administration and the reasons for all prescribed medications
Rest/Stress	Teach non-pharmacologic relaxation techniques (quiet environment), re-enforces positive coping mechanisms.
Blood Glucose	Monitor blood glucose and take prescribed medications, using teach-back method ensure the patient knows to rotate sites, etc.