

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	Note signs of Infection, Hold pressure above site if bleeding occurs
Follow-up/Compliance	Follow up with physician, follow medication adherence, proper diet and exercise.
Blood Pressure	Monitor blood pressure daily, take prescribed medications. Notify physician if blood pressure is too high, don't take medications if pressure is low.
Diet (sodium intake)	Decrease sodium intake, avoid salt at all times, Follow DASH diet , 1500 mg day
Exercise/Weight	Exercise regular for at least 30 min 5 times a week, maintain a healthy weight, daily weights needed same time each day.
Smoking Cessation	Decrease and possibly eliminate all smoking habits. Attend cessation meetings and support groups
Medication	Take all medications regularly follow up with physician.
Rest/Stress	Decrease stress and provide adequate relaxation during the day. Stress can over work the heart
Blood Glucose	Maintain stable glucose. Take insulin and watch sugar intake as needed.