

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	Cont. to monitor extremity for s/s of a hematoma or bleeding. Call Dr if numbness/tingling.
Follow-up/Compliance	Non compliance increases risk of sudden cardiac death, cariogenic shock and other cardiovascular emergencies. Reasons for tests and treatments.
Blood Pressure	How to take BP at home and record in BP diary
Diet (sodium intake)	DASH diet, low saturated fat.
Exercise/Weight	FITT, record weight loss journal. Weight reduction plan with gradual progression and always "listen to what your body is saying." Resumption of sexual activity.
Smoking Cessation	Quitting is the goal but "cutting back" is encouraged for pt with many lifestyle changes to make.
Medication	Discharge drugs: ASA, clopidogrel and abtiangular drugs. How to take emergency meds like Nitro. How to check HR at home and know when to hold BP meds.
Rest/Stress	Rest and call Dr for return of chest pain after taking Nitroglycerin SL tabs x3 5min apart. Appropriate expectations for recovery. Depression awareness and notify provider. No driving to ER in emergency situation.
Blood Glucose	Check FSBS as ordered goal: 80-110. Monitor for s/s of hypo/hyperglycemia and interventions in case of.

