## Education for Patients, Families, and Caregivers

Use this checklist to guide education for the patient, family, and caregivers. Education provided should be culturally appropriate, and delivered verbally and in written form.

- **Current meds**
  - Dose/frequency
  - Indication
  - Potential side effects
  - Potential adherence issues

- **Activity level**

- **Dietary sodium restriction** __mg/day

- **Fluid restriction**
  - Yes ______L/day or No

- **Daily weight monitoring**
  - Has scale
  - Logbook

- **Assessment of peripheral edema**

- **Smoking cessation counseling for current or recent smokers**

- **Substance use counseling, if applicable**

- **List of warning signs of decompensation**

- **What to bring to each outpatient appointment**
  - List of meds
  - Recordings of daily weights

- **Who to call for increased weight/worsening symptoms/ICD discharge**

- **Plans for continuation of care**
  - Cardiologist follow-up appointment
  - Primary care follow-up appointment
  - HF disease management program
  - Cardiac rehabilitation
  - Anticoagulation services follow-up, if applicable