First Post-Discharge Visit Checklist

Consider the key components listed in this checklist to guide the first post-discharge visit to reassess clinical status, review medications, provide additional education, and address issues that may lead to worsening HF.

- **History**
  - Discharge summary reviewed.
  - Etiology of cardiomyopathy identified.
  - Precipitant of exacerbation identified.
  - Heart failure compensated?
    - NYHA class.
    - Weight log reviewed?
    - Symptoms reviewed?
  - Important concomitant disease states
    - CKD
    - Diabetes
    - Hypertension
    - COPD
    - OSA
    - Others

- **Physical Exam**
  - Vital signs
  - BMI
  - Orthostatic blood pressure
  - Jugular venous distention
  - Rales +/–
  - “cold/warm”, “wet/dry” profile
  - S3 present/absent

- **Diagnostic Testing**
  - Basic metabolic panel
  - Complete blood count
  - BNP or NT pro-BNP
  - Liver function panel (per discretion of clinician)
  - High Sensitivity Troponin, sST2, Gal3
    (per discretion of clinician)
  - 12 lead ECG
  - Chest X-Ray (per discretion of clinician)
  - Review LVEF (___%). If not available, obtain TTE
  - Follow-up EF:
    - 40-days post MI
    - 3-months post NICM
  - Ischemia Evaluation Needed?

- **Medications**
  - Comprehensive medication reconciliation
  - Beta-blocker?
    - Dose optimized?
  - ACE-I/ARB/ARNI
    - Dose optimized?
    - Contra-indication to ARNI?
  - Aldosterone antagonist
    - Dose optimized?
  - Diuretics?
    - Dose adjustment?
  - Ivabradine? (Consider initiation if heart rate remains elevated despite beta blocker optimization)

- **Interventional Therapies (if applicable)**
  - Revascularization
  - CRT
  - ICD
  - Valvular intervention

- **Patient Education**
  - Importance of adherence
  - Medication education
  - Dietary education
  - Activity education
  - Smoking cessation
  - Cessation in alcohol consumption
  - Follow-up appointment scheduled

- **Consultations**
  - Home health services
  - Cardiac rehab referral
  - Advanced heart failure clinic referral
  - Palliative/hospice referral