

The heart failure knowledge passport was designed by the Greater Lansing Area Heart Failure Collaborative, which was organized as part of the MPRO Care Transitions project.

Care Transitions is a three year project awarded to MPRO (Michigan's Quality Improvement Organization) by CMS.

The project goals are:

- Improve coordination across the continuum of care in a selected community.
- Promote seamless transitions from the hospital to home, skilled nursing care, home health care and primary care physician.
- Reduce unnecessary readmissions to hospitals that may increase risk or harm to patients and cost to Medicare.
- Implement projects that improve medication management, post-discharge follow-up, and plans of care for patients who move across healthcare settings.



This material was prepared by MPRO, the Medicare Quality Improvement Organization for Michigan, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 95OW-MI-7.2-10-101  
© Copyright MPRO 2010.

## DEVELOPED BY MEMBERS OF THE GREATER LANSING AREA



## CARE TRANSITIONS HEART FAILURE WORK GROUP

Eaton Rapids Medical Center  
Ingham Regional Medical Center  
Sparrow Clinton Hospital  
Sparrow Hospital  
Sparrow Specialty Hospital  
Great Lakes Home Health and Hospice  
McLaren Visiting Nurse and Hospice  
Sparrow Home Care  
Burcham Hills Center for Health  
and Rehabilitation  
Dimondale Nursing Center  
Eaton County Medical Care Facility  
Holt Senior Care and Rehab Center  
Medical Care Facility and Rehabilitation  
Services of Ingham County  
Hospice of Lansing  
In-House Hospice & Palliative Care  
Sparrow Hospice and Palliative Care  
Visiting Physicians Association  
Ingham County Health Department



# THE HEART FAILURE KNOWLEDGE PASSPORT

## A MESSAGE FOR THE HEALTHCARE PROVIDER

**MPRO**  
www.mpro.org

## THE PURPOSE OF THE PASSPORT IS TWOFOLD.

- To provide a consistent heart failure education guideline for patients and/or their care givers transitioning across care settings.
- To provide a means to empower the heart failure patient through education about their health condition and acknowledge the need to accept responsibility for managing their heart failure symptoms.

The Passport was designed to be distributed to all heart failure patients. The Passport can be initiated at any setting, including the primary care physician's office. Patients may come with a Passport to an office appointment following a hospitalization. Please reinforce the use of the Passport with your patients at each office visit.



Patients should take the Passport to all healthcare encounters. The Passport contains:

- Education regarding what heart failure is, common medications used to treat heart failure, daily monitoring, and diet and exercise recommendations.
- Space to record current medical information, medications, healthcare appointments, and questions for doctor appointments.

## COMPLETING THE PASSPORT:

Guide the patient or caregiver through the Passport, and **check the boxes in each section when the patient is able to demonstrate understanding**, by answering teach-back questions. The passport is intended to be a guide only. Please supplement the passport with your practice's own educational materials, such as lists of low-sodium foods, and continue to provide referrals as needed to dietitians, physical therapists, or other specialists.

**HEART FAILURE MEDICINES I MAY BE TAKING:**

**Diuretics ("water pills"):**  
These drugs are used to get rid of extra fluid and sodium. These medicines will make you go to the bathroom more than usual. If you have concerns or difficulty taking your diuretic, talk to your doctor right away.  
My diuretic is: \_\_\_\_\_

I will call my doctor if I have:

- ◆ dizziness
- ◆ extreme weakness
- ◆ muscle cramps

when taking a diuretic.

**Potassium:**  
Some diuretics cause potassium to be lost from the body.

I do take potassium with my diuretic.  
 I do not take potassium with my diuretic.

I will call my doctor if I have:

- ◆ nausea/vomiting
- ◆ irregular heartbeat
- ◆ muscle weakness or cramps

when taking potassium.

**Angiotensin Converting Enzyme (ACE) Inhibitor:**  
These drugs work to open up blood vessels. This makes it easier for your heart to pump, and helps to lower your blood pressure.

I will call my doctor if I have:

- ◆ dizziness
- ◆ ongoing cough
- ◆ swelling

when taking an ACE Inhibitor.

**Angiotensin Receptor Blocker (ARBs):**  
These drugs help your heart function better and lowers blood pressure.

I will call my doctor if I have:

- ◆ dizziness

when taking an ARB.

*Patients most likely will not be on an ACE and ARB at the same time.*

**Beta Blockers:**  
These drugs work to improve heart muscle function, slow your heart rate and lower your blood pressure.

I will call my doctor if I have:

- ◆ weakness/fatigue
- ◆ shortness of breath/whoezing
- ◆ dizziness
- ◆ my heart rate is slower than \_\_\_\_\_

when taking a Beta Blocker. (check with doctor)

**Digoxin:**  
Digoxin makes your heart beat stronger at a regular rhythm and helps to reduce heart failure symptoms.

I will learn to check my heart rate when I am on digoxin.  
 I will call my doctor if my heart rate is slower than \_\_\_\_\_

(check with doctor)

I will call my doctor if I have:

- ◆ a rapid or a very slow heart rate
- ◆ nausea
- ◆ confusion
- ◆ blurry/yellow vision

when taking digoxin.

7

8