

Emergency Care Plans for Long Term Conditions Heart Failure

Patient Details

Name:
(forename/surname)

NHS no:

DOB:

GP:
(registered GP address)

Hospital No:

Next of Kin:

Next of kin tel no:

Name of Community Practitioner

Tel:

Mobile:

Action Plan (self management) signs of deterioration

Signs & Symptoms to look out for:

- Increased breathlessness
- Sustained increase in weight of 3-4lb (1-2kg) over 2 days, thought to be fluid retention
- Difficulty in sleeping due to breathlessness or having to use more pillows
- Reduced exercise tolerance due to above, compared to normal
- Reduced urine output

What to do for the above symptoms

1. Contact Community Practitioner or GP who may want to alter medications and perform an examination.
2. Monitor weight daily
3. Limit fluid intake to 1500mls/24 hours
4. Monitor fluid intake and output

Indications for urgent medical attention

- Unable to speak in sentences
- Oxygen saturation below 92% on room air
- Respiratory rate above 25 breaths per minute, SBP below 80mmHG
- If water tablets not effective or oedema increasing

Information for emergency services

Allergies

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Medications

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Past medical history

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Normal baseline observations

Blood pressure:	Heart Rate:	Respiratory Rate:
Oxygen saturations:	MRC (dyspnoea scale):	Temperature:

Professional network

Name	Address	Phone no	Relationship to patient

Name:

Signature:

Designation:

Date: