

## Heart Failure Disease Management

### Program Goal:

- To further medical management through support of accepted standards of care
- To enhance self management skills for heart failure patients through ongoing contact with a UniNet Disease Management nurse

Program services are offered in English or Spanish appropriate to the level of disease management needs identified by nursing assessment.

Frequency of telephone contact may vary from daily to monthly, depending on the patient's current status. Services may include:

### Assessment and education regarding:

- Managing diet, medications and symptoms
  - Ongoing assessment of shortness of breath, weight changes, adherence to low sodium diet, activity level and medication regimen
- Intervening in acute episodes
  - Recognizing and reporting signs and symptoms suggesting deterioration and/or need for medical attention

### Support

- Identifying physical limitations and social/emotional concerns
- Managing lifestyle changes
- Adhering to medical plan
  - Ongoing encouragement to comply with recommended physician visits and instructions