



box 20-8 *Heart Failure*

- Reinforce education about the disease process and lifestyle changes that best match the energy and activity tolerance of an individual patient.
- Teach patients to do daily weights and record them, observe them doing it, and ensure that patients understand their purpose and when to call a health care provider.
- Teach patients about salt restriction and go through kitchen cabinets with the patient to discuss food habits concretely.
- Watch patients prepare medications and formulate solutions for patients who have difficulty seeing or reading.
- Include family and significant others in teaching and demonstrations.
- Arrange for the administration of intravenous diuretics if indicated.