

Reducing Congestive Heart Failure (CHF) Decompensation

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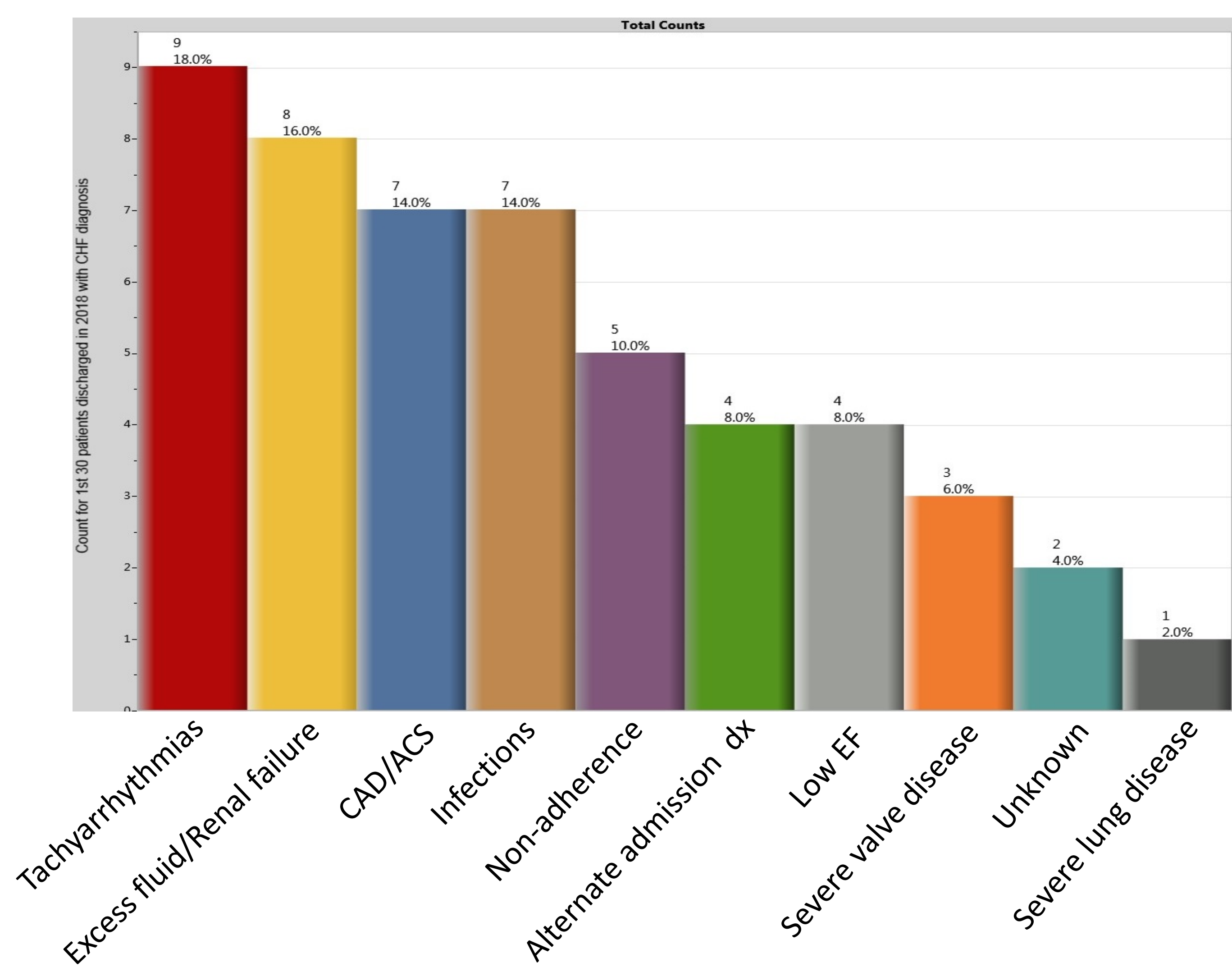
Aim

Reduce a) ER visits and b) admissions due to CHF decompensation for patients previously admitted to the hospitalist service at Peace Arch Hospital (PAH) by 20% by May, 2019.

Background

CHF costs Canadians more than \$2.8 billion annually, the main cost drivers being ER visits and hospitalizations¹. It is also the disease with the highest 30-day re-admission rate². The psychological burden associated with CHF is also high, with 30% of patients experiencing anxiety and depression¹. Empowering patients with tools to avoid CHF decompensation not only saves money, but can return a sense of control and improve the quality of life for patients living with this chronic illness.

Contributors to CHF Decompensation at PAH



Project Design & Strategy

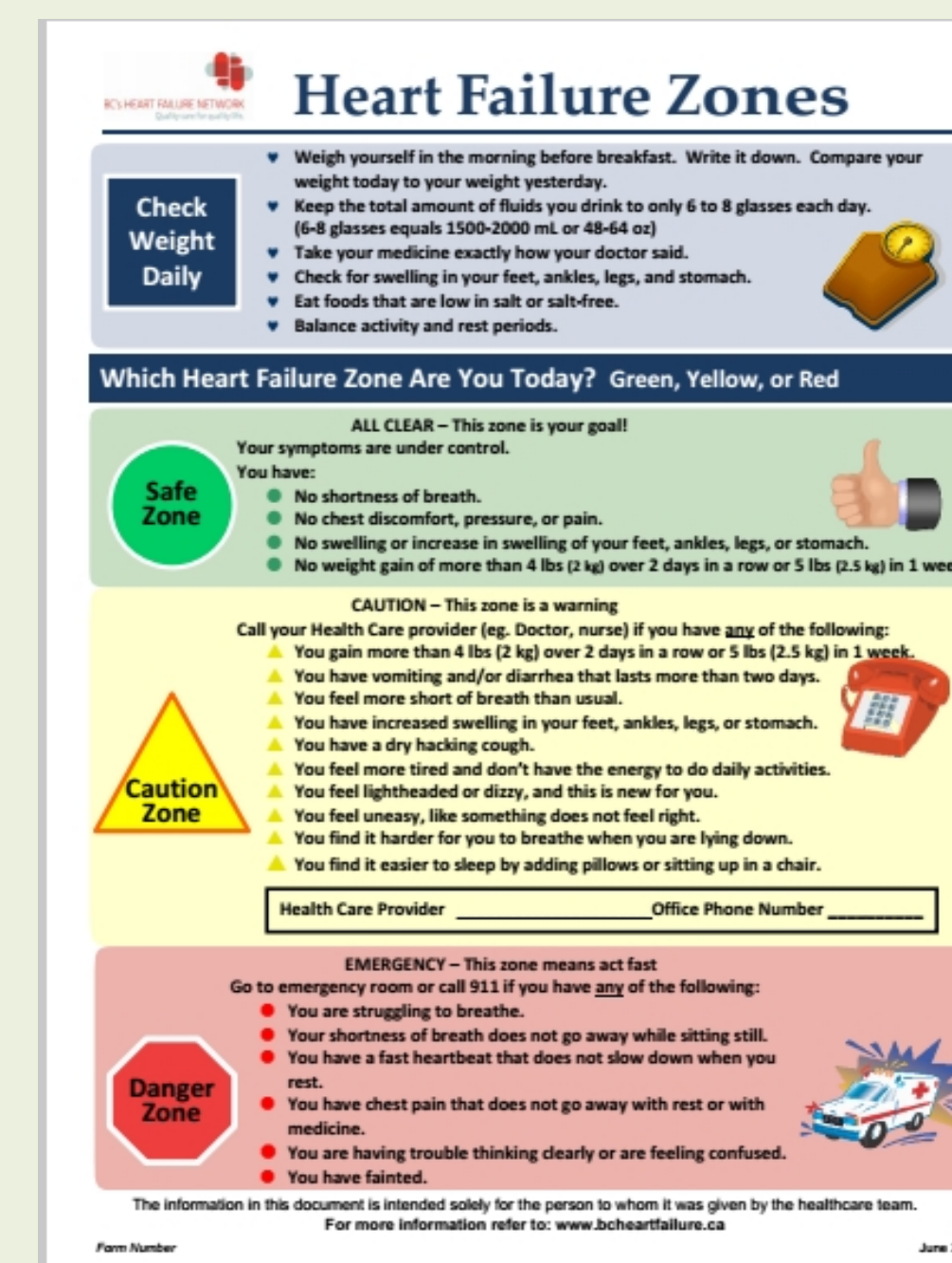
- Promote optimal self-care and early recognition of decompensation with patient education.
- Identify and mitigate non-adherence.
- Introduce a diuretic titration tool to guide dosing according to the patient's daily weights after discharge.
- Follow-up phone survey 2-3 months post-discharge.

Team

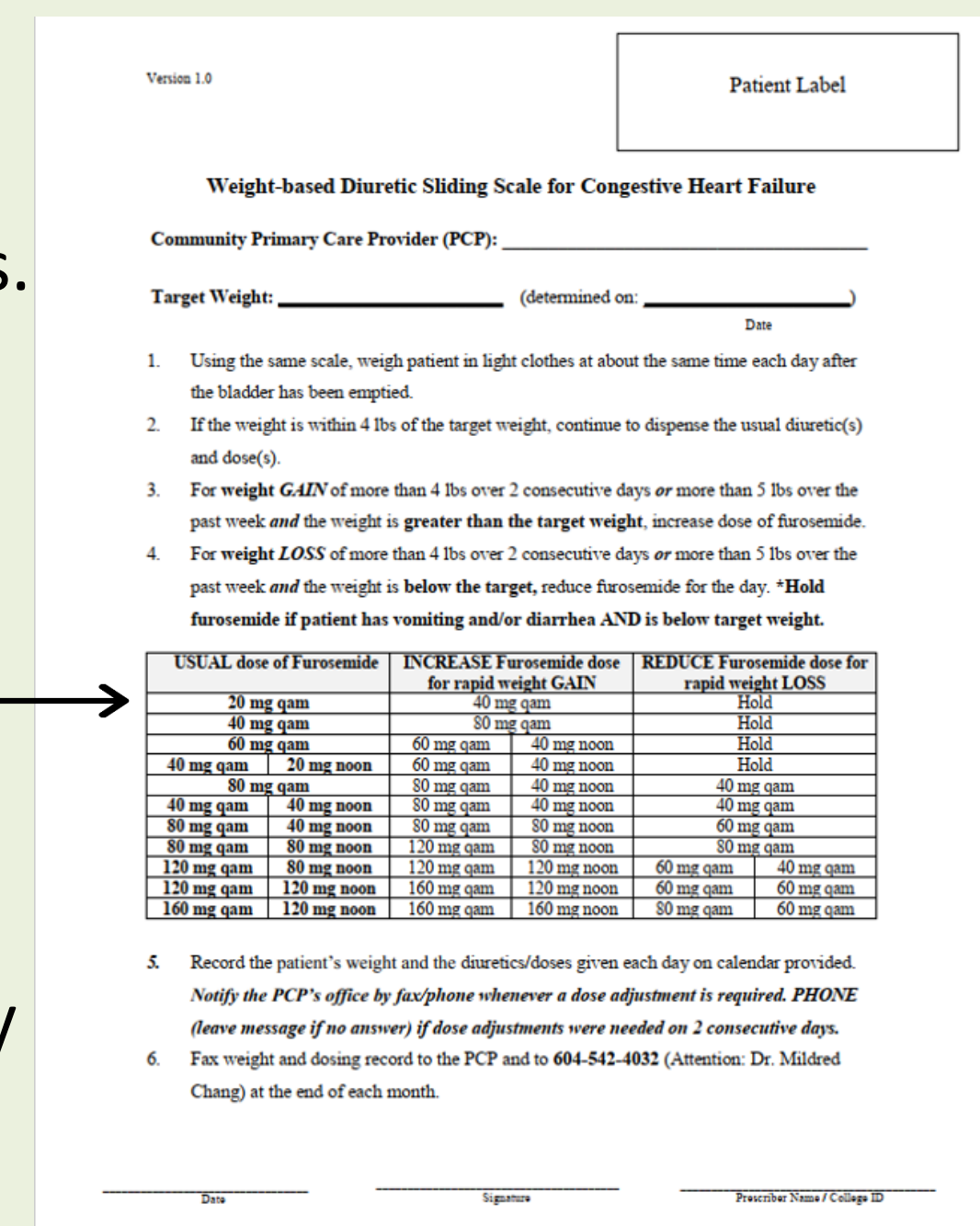
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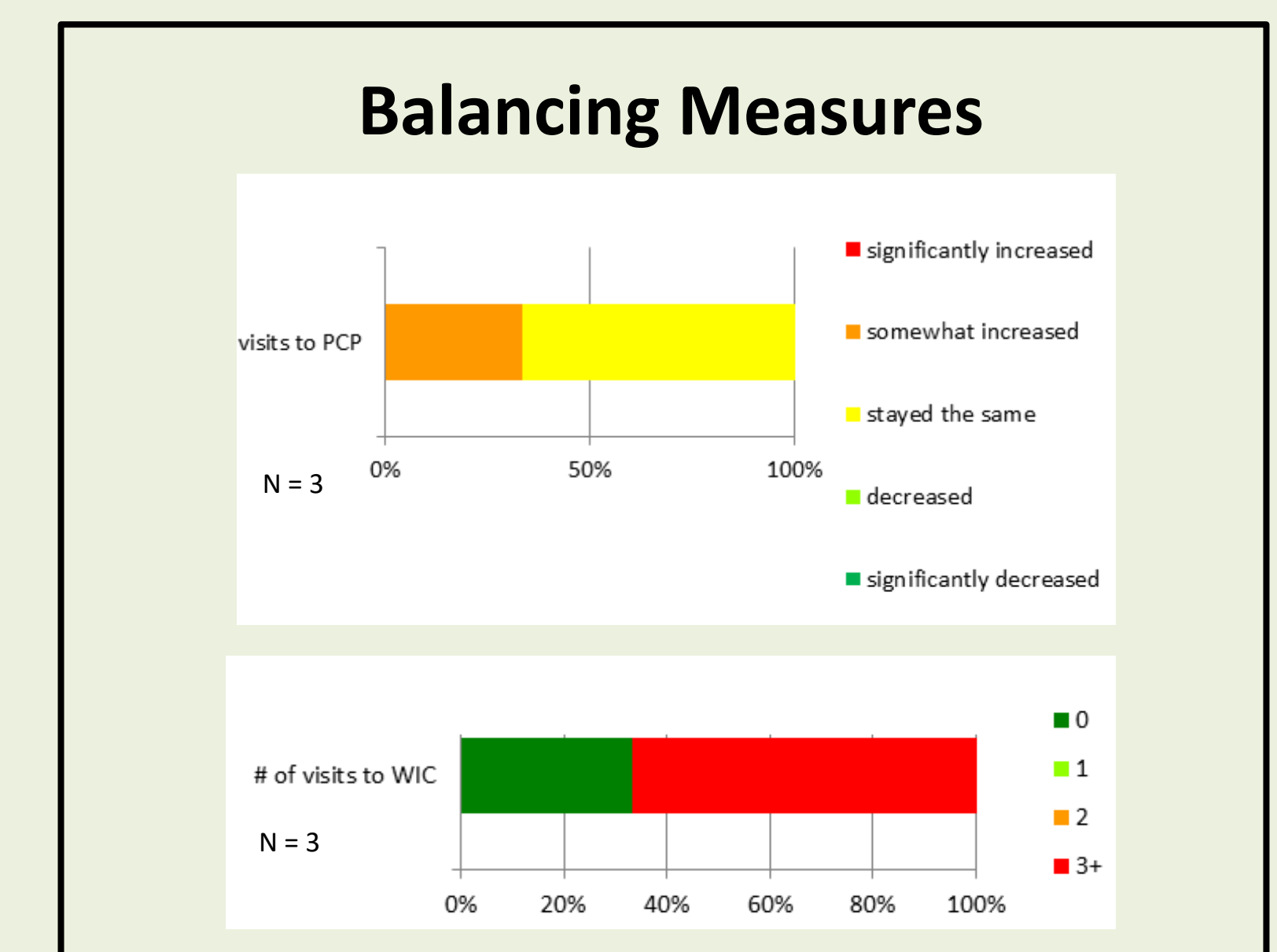
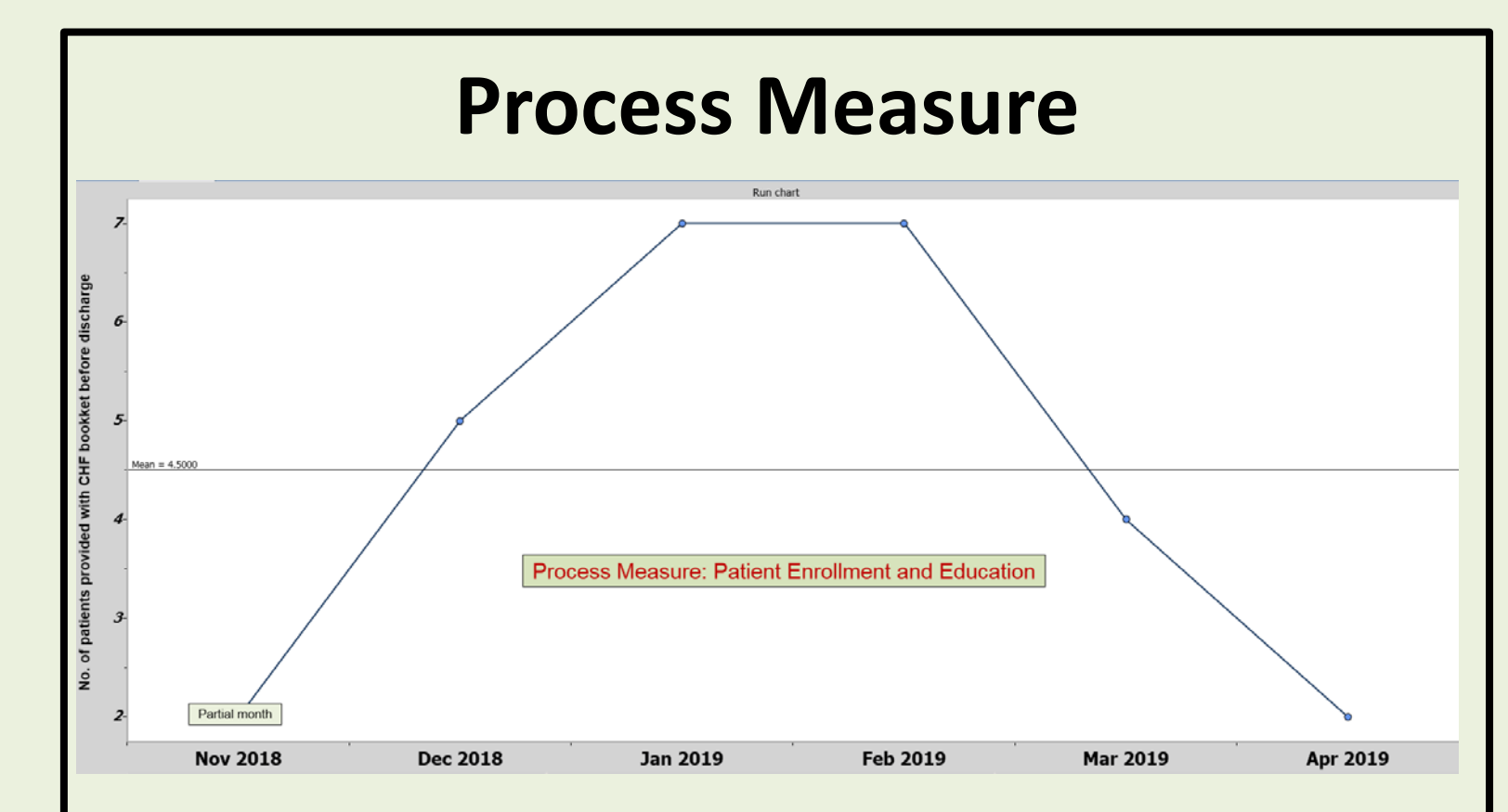
Changes Made



- Education:** H & S Foundation booklet is being given to patients.
- Med management** is offered to cognitively impaired patients.
- Diuretic sliding scale** (DSS), endorsed by local experts, is now available for patients who are receiving daily dispensing service by community pharmacy.



Results



Lessons Learned

- Other educational tools are needed to engage and motivate patients to learn.
- The current process of enrollment and delivery of booklets is too complex and/or time-consuming to integrate into routine practice.

Next Steps

- Consider other ways to engage patients/family members and to deliver education (e.g. robot, dedicated educator, monthly outpatient classes).
- Simplify patient enrollment process.
- Ask patients if they find med management difficult.
- DSS Phase 2 (after 2019): educate capable patients.

References

- 2016 Report on the Health of Canadians, Heart & Stroke Foundation
- CIHI data, 2012