

# Hit Your Target Weight



Key to heart failure patients doing well and staying out of the hospital

## Roles, Tools & Techniques in Establishing and Adjusting Target Weight in Different Clinical Settings

Target Weight (TW) provides a valuable reference point from which to identify and prevent Heart Failure exacerbation and for the whole care team to coordinate care and self-care.



	<b>Hospital</b> Daily re-evaluation	<b>Office</b> Re-evaluation at each contact	<b>SNF</b> Daily re-evaluation	<b>Home Health</b> Re-evaluation at each contact	<b>Cardiac Rehab</b> Re-evaluation at each contact
<b>Physician / APP</b>	Establish & Document TW EMR or Patient reported TW, CXR, CVP, RHC, JVP, BNP, Lung sounds, heart sounds edema, SOB, DOE, orthopnea, ability to perform ADL's	Establish & Document TW, EMR or Patient reported TW, JVP, Lung sounds, heart sounds, edema, SOB, DOE, orthopnea, ability to perform ADL's	Establish & Document TW EMR or Patient reported TW, JVP, Lung sounds, heart sounds, edema, SOB, DOE, orthopnea, ability to perform ADL's		
<b>RN</b>	Identify patients with HF diagnosis, coordinate establishment and adjustment of TW. Teach patient & caregivers about TW and its role in HF self-care and when to act. <ul style="list-style-type: none"> <li>Document TW in Lifestyle tab</li> <li>Document in the Care Coordination note if the provider states the patient is not being monitored by TW</li> </ul>	Identify patients with HF diagnosis, coordinate establishment and adjustment of TW. Teach patient & caregivers about TW and its role in HF self-care and when to act. <ul style="list-style-type: none"> <li>Confirm with patient their home TW</li> <li>Review with provider for accuracy</li> <li>Document TW in Lifestyle tab</li> <li>Document in the Care Coordination note if the provider states the patient is not being monitored by TW</li> </ul>	Consult with SNF Provider EMR or Patient reported TW, Lung sounds, edema, SOB, DOE, orthopnea, ability to perform ADL's. Teach patient & caregivers about TW and its role in HF self-care and when to act.	Consult with Provider EMR or Patient reported TW, Lung sounds, edema, SOB, DOE, orthopnea, ability to perform ADL's. Teach patient & caregivers about TW and its role in HF self-care and when to act.	Consult with Provider EMR or Patient reported TW, Lung sounds, edema, SOB, DOE, orthopnea, ability to perform ADL's. Teach patient & caregivers about TW and its role in HF self-care and when to act.
<b>Medical Assistant / LPN</b>		If no TW documented in banner the MA will research the EMR for a documented TW and: <ul style="list-style-type: none"> <li>Confirm with patient their home TW</li> <li>Review with provider for accuracy</li> <li>Document TW in Lifestyle tab</li> <li>Document in the Care Coordination note if the provider states the patient is not being monitored by TW</li> </ul>			
<b>Care Mgr / Care Coord (outpatient)</b>	The care manager is responsible to check for documented TW for any patient with a diagnosis of CHF and to flag the provider when no TW is documented. The care manager is responsible to also assess patient's awareness of TW, to teach the patient about TW, to reinforce the importance of TW in self-management, to teach the patient about "red flags" (i.e., when to take action, including when 4lbs. above or below TW), when to call and whom to call.				

### KEY POINTS

- Target Weight is not intended to be a precise metric. It is an estimate of the weight where the patient is stable on appropriate medications using clinical judgement, H & P and other techniques and tools as available.
- Frequent reassessment of Target Weight is required in the setting of caloric weight gain or loss
- All clinicians including ancillary members (CNA, MA, nutrition, therapy) should inform the care team if TW is not established or may need adjustment.

For more how to and additional information, visit

<https://mainehealth.org/services/cardiovascular/provider-resources/clinical-guidelines>

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