

Documenting Target Weight in SeHR (Epic) MaineHealth Ambulatory

NOTE: CHF Target Weight (TW) can only be entered from within an encounter, not from just reviewing a chart.

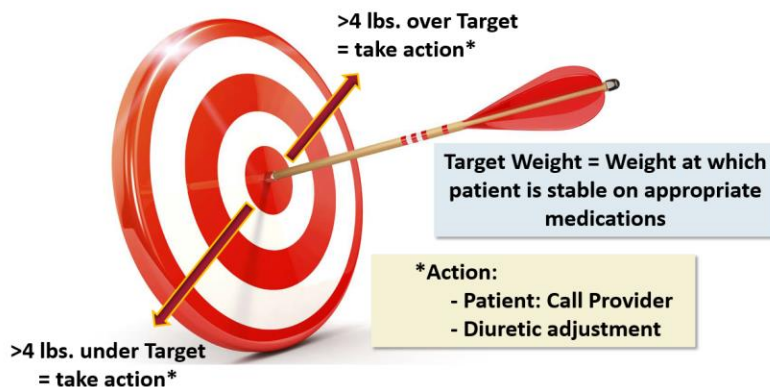
- In an **Ambulatory** encounter:
- a. Select the **Rooming Activity**
 - b. Select **Diet**
 - c. From within **Lifestyles** section enter the patient's CHF Target Weight

The screenshot displays the Epic EHR interface for patient Murch, Tatum. The navigation bar at the top includes 'Rooming' (a), 'Diet' (b), and 'Lifestyles' (c). The 'Diet' section is active, showing 'CHF Target Weight' (c) with a value of 72.575 kg (160 lb) entered. The 'Target Weights' link in the patient's story is highlighted (d).

- You can also
- d. From the patient's Storyboard, click on the **Target Weight** link to document

Target Weight (TW) -The weight at which the Heart Failure patient is stable on appropriate medications

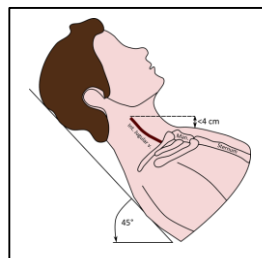
Every Heart Failure patient should have a Target Weight to aim for.



How do we Set Target Weight?

Office Setting: Exam & History

- Jugular Venous Distention
- Peripheral Edema
- Rales
- Patient's recent weights
- Clinical judgement



Other Settings, When Needed - Right heart catheterization

Target Weight (TW) is not a precise metric, but an estimate of where the patient will do best.

Adjust Target Weight as needed if patient loses or gains body mass

Heart Failure Tools and Resources - MaineHealth.org/hf