

# MaineHealth

## MaineHealth Heart Failure Standing Orders for Skilled Nursing Facilities

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Allergies: \_\_\_\_\_

Type of heart failure (circle choice): Systolic Diastolic Acute Chronic Unknown

Target weight: \_\_\_\_\_ (contact PCP if necessary to obtain previous weights)

Instructions to Provider: Please cross out any orders you do not wish to be followed.

### Basic Orders:

- Draw baseline magnesium and BMP next available lab day and weekly
- Weigh every morning using the same scale at same time with the same amount of clothes.
- Notify provider before morning dose of diuretics given if:
  - Chronic HF: gains > 4 pounds from target weight
  - Chronic HF: loses > 4 pounds from target weight
  - Acute HF (over target weight at admission): call provider with any weight gain
- If patient loses  $\geq 4$  pounds from target weight, obtain BMP and Mg level on next lab day and consider holding diuretics until patient returns back to target weight (**NOTE: hold supplemental potassium if diuretics held**).
- Notify provider of weight change at time of next daily weight after any change in diuretic (bumetanide, torsemide, furosemide, metolazone). (NOTE: If metolazone ordered, administer 30 minutes prior to each loop diuretic dose)
- Daily comprehensive cardiopulmonary assessment
- Diet (circle choice):  
2gm sodium diet      No salt added      Other: \_\_\_\_\_
- Fluid restriction (circle choice):  
No fluid restriction      2000 cc restriction      1500 cc restriction      Other: \_\_\_\_\_
- Measure daily intake if on fluid restriction
- HF Education for patient and family
- Have patient/family bring scale from home (work with nursing/OT/PT with goal for patient to record own weight daily using home scale)
  - If diuretic increased, BMP, Mg<sub>+2</sub> ordered for next lab draw
  - If K<sub>+</sub> is less than 3.5, give 40meq of potassium and notify provider
  - If Mg<sub>+2</sub> is less than 1.7: notify provider, start Magnesium Oxide 400 mg daily x 7days, repeat Mg<sub>+2</sub> level in one week (Note may need to adjust replacement for CKD Stage IV)
  - If acute HF, please notify provider when patient achieves target weight to change weight parameters

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Questions or Concerns: Please contact Mary-Isabel Aromando, Program Manager Post-Acute Care at [MAromando@mmc.org](mailto:MAromando@mmc.org) or Dr. Richard Marino, Maine Medical Partners Geriatrics [marinr@mmc.org](mailto:marinr@mmc.org).