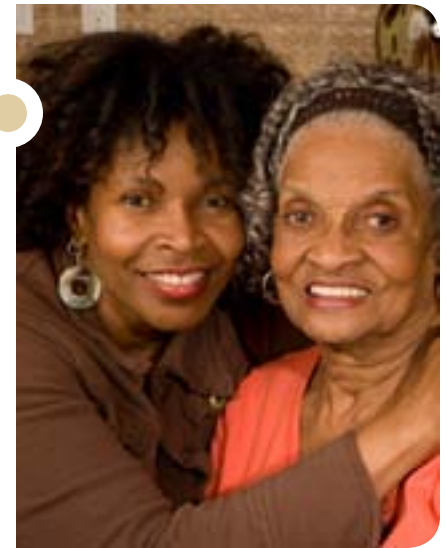


Pamela's Care Plan: Heart Health

SEPTEMBER 2014



About Pamela

Pamela is a 67-year old woman with Coronary Artery Disease, or the build-up of plaque in her artery walls. Three months ago, she had a heart attack. At her most recent annual wellness visit, tests revealed that Pamela's condition has progressed into heart failure. Her heart struggles to adequately pump blood throughout her body, causing her to experience shortness of breath and fatigue.

Pamela is a widow who has been living alone for the past four years. She is deeply involved with her church, where she teaches Sunday school classes. Pamela is slightly overweight and knows she should be more active, but does not have transportation to exercise facilities.

Pamela's Care Team

Pamela now sees a **cardiologist** in addition to her **primary care physician** to monitor her heart function after the heart attack. Because she must have follow-up appointments with her providers frequently, she communicates most often with the **nurse practitioner** who consulted with Pamela at her discharge from the hospital. Pamela receives significant support from the **women in her church** who call to check in each day and make sure that Pamela is taking her medicine.

Clinical Goals

- **Medication.** Pamela must follow a regimen of four drugs and supplements to control her heart failure and prevent another serious event.
- **Routine follow-up care.** In order to monitor her heart failure and the side effects of her medications, Pamela needs follow-up appointments and routine blood tests every three to six months.

- **Monitor weight gain.** Pamela needs to carefully and consistently monitor her weight. Sudden weight gain due to fluid retention could indicate that there is serious stress on her heart.
- **Make lifestyle changes.** Pamela should limit the amount of salt, cholesterol and fat in her diet in order to reduce her blood pressure. She also should exercise regularly and safely.



Personal Goals

- **Avoid surgery.** Pamela’s cardiologist notifies her that surgery may be necessary if her heart function continues to deteriorate. Pamela wants to prevent surgery because she worries that the recovery time in the hospital would prevent her from participating in her church’s activities.
- **Keep cooking her famous dishes.** Pamela also wants to maintain her reputation as the neighborhood’s best cook. She takes pride in being known for her flavorful Southern food, and she is worried that friends and family will no longer like her cooking if she changes the recipes.

Care Team

- Pamela
- Cardiologist
- Primary care provider
- Nurse practitioner
- Nutritionist
- Women in church

Action Steps to Achieve Goals

- **Pamela** uses a “smart scale” provided by her cardiologist which wirelessly transmits her weight for monitoring. She notifies the doctor immediately if she gains three pounds in a day or five pounds in a week.
- Her **nurse practitioner** answers Pamela’s questions about her recent blood tests and medication side effects through secure email.
- Her **nutritionist** works with Pamela to identify healthy substitutes for recipes so she can cook her favorite food for herself and her family and friends. Pamela has begun to compile a new cookbook of these recipes.
- Her **primary care provider** shares with Pamela guidelines for safe exercise, including warm-up periods and adequate time to rest after activity. Together, they develop an appropriate exercise program.
- **Pamela** joins latin dance classes offered by her church, which is within walking distance.
- The **women from church** create a schedule to drive Pamela to the clinic for her blood tests.