



*Prevention & Medical Care  
To Help You Live Better, Longer.*

## Congestive Heart Failure

### Diuretic Titration Guidelines

1. Each Patient will be screened by RN for appropriateness to be considered for titration protocols. Patients must meet the following criteria:
  - a. No Dx of End Stage Renal Disease or Diuretics being managed by Nephrologist
  - b. Has the ability and willingness to follow a rigorous approach to therapy
  - c. Has a scale and able to perform and record daily weights
  - d. Agrees to frequent contact from Case Manager
  - e. Has a working telephone number
  - f. Agrees to be actively engaged in the process
2. Patient's target weight will be determined by the PCP and documented in the patient's EMR. This information should be included when referring patients to the titration protocol.
  - a. For patients hospitalized, the target weight will be the patient's weight on the day after discharge home from skilled facility admission.
  - b. Target Weight will be adjusted by PCP if needed at the post hospital follow up visit.
  - c. Patients will be scheduled for their post hospital follow up visit with PCP within 5 days of discharge, and ideally at day 5 from discharge
  - d. Patients will have labs scheduled (BMP) prior to pcp follow up visit to ensure results available for review at visit.

3. This diuretic titration protocol applies to Lasix and Bumex and their Generics.
4. All diuretics titration will be approved by PCP prior to implementation with patients.
5. All changes to diuretics and titration parameters, and instructions and education to patients will be documented in the EMR via a patient case, and sent to PCP for review.
6. Medication lists in the EMR will be updated with any changes to diuretic dosing.
7. Case management staff will provide patient education to each patient accepted onto the titration protocol which will include:
  - a. Disease processes
  - b. Risk factors
  - c. Food choices and appropriate portion
  - d. Exercise
  - e. the importance of daily weights
  - f. Medication adherence
  - g. Bringing all medications and weight logs to each PCP appt.
8. RN staff will use the attached titration guideline to manage patient's diuretics dosage.

# Diuretic Titration Algorithm

