

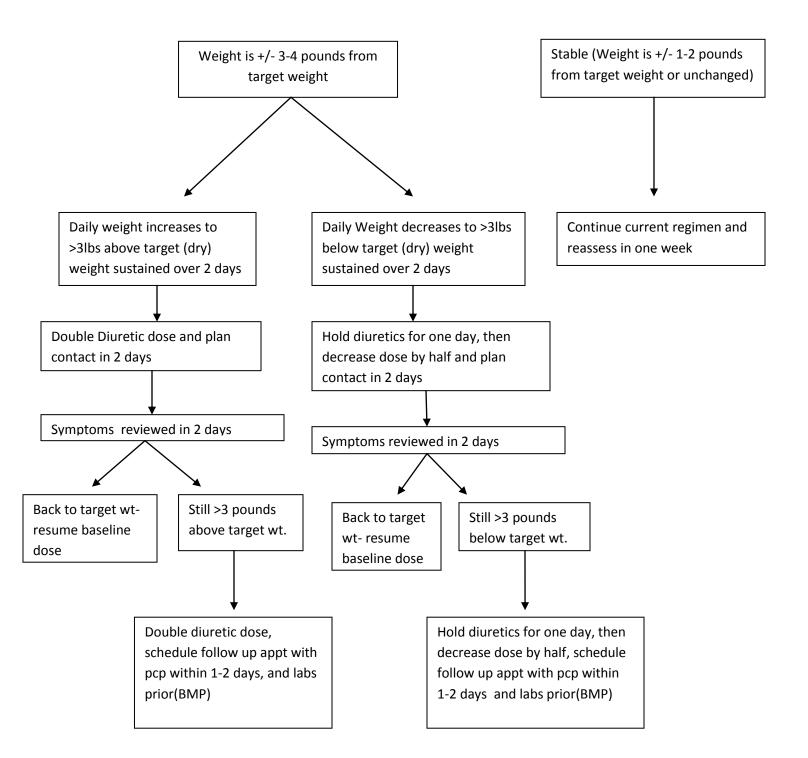
Congestive Heart Failure

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



Adapted from: Baystate Medical Practices Nurse Case Manager Diuretic Titration Algorithm and HF service Guideline: Issued Nov 05/Review Date Dec 06.