



**Mobile Integrated Healthcare
CONGESTIVE HEART FAILURE**

POLICY

This policy outlines the minimal procedures during a Mobile Integrated Health (MIH) encounter for a patient with congestive heart failure (CHF).

PURPOSE

Provide baseline guidance for the MIH provider on management of patients with congestive heart failure.

BASIC MEDICAL CARE

Reference and apply all applicable OEM standards of care. Identify, treat, and attempt to stabilize any patient who is identified as acutely ill. Activate the municipal transport service if indicated. The most relevant standards of care are as follows:

- Universal Care
- Congestive Heart Failure
- COVID-19
- Medication List

SOCIAL DETERMINANTS OF HEALTH (SDOH)

Reference and apply all applicable patient assessment screens in addition to OEM MIH Standards of Care. An emphasis should be placed on the following SDOH:

- Access to healthcare
- Access to appropriate nutrition
- Understanding condition and care plan

STANDARD OF CARE

1. Apply General MIH Operational Guidelines
2. Review/perform history and conduct an appropriate physical examination with specific consideration of the following:
 - a. Shortness of breath, chest pain, leg swelling, ability to ambulate, potential weight gain, ability to lie flat, success of current diuretic treatment, sleeping arrangement, exercise regimen
 - b. Breath sounds, lower extremity edema, condition of mucus membranes
2. While performing vital signs, specifically documentation the following:
 - a. Weight, fluid intake, daily sodium intake
3. Review pathophysiology, including signs and symptoms of CHF exacerbation, with the patient.
4. Review and advise on patient's medication list and current access to medications including diuretics
4. Review and advise on medical provider orders and healthy lifestyle choices including diet, exercise, medication adherence, smoking cessation
5. Review and advise on when to call health care providers related to CHF and when 911 is most appropriate
 - a. Provide the patient with an action plan outlined in the supplemental documents if none is in place currently
6. Note and record patient's concerns about current treatment and risk factors including medication adherence, medication access, exercise, weight, alcohol consumption, smoking, and dietary compliance.
7. Provide corrective action for the patient if indicated.



REFERRALS

- Milwaukee County Resources: OEM MIH Resource Contact List
- Department Specific Resources: Department Specific Operational Guidelines

EMS AGENCY ADDITIONAL POLICIES

Individual EMS Agencies within Milwaukee County are afforded the flexibility to add additional aspects to each MIH guideline. These additional aspects shall be approved by the OEM Medical Direction Team.

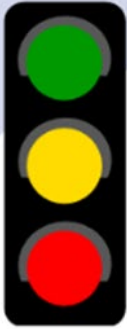
SUPPORTING DOCUMENTS

<http://naemt.org/docs/default-source/community-paramedicine/mih-cp-toolkit/heart-failure-zone-tool.pdf?sfvrsn=2>

Example of CHF Action Plan on following page



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**Zone Tool
Heart Failure**

Every Day:

- ✓ Weigh yourself in the morning before breakfast and write your weight down.
- ✓ Eat low-salt/low-sodium foods.
- ✓ Balance activity and rest periods.
- ✓ Check for swelling in your feet, ankles, legs and stomach.
- ✓ Take your medicine as ordered.

All Clear Zone ... This is the safety zone if you have:

- No shortness of breath
- No weight gain more than two pounds (it may change one or two pounds some days)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

Warning Zone ... Call your doctor if you have:

- Weight gain of three pounds in one day or five pounds or more in one week
- Increased swelling of your feet, ankles, legs or stomach
- Difficulty breathing when lying down and feel the need to sleep up in a chair
- An uneasy feeling and/or you know something is not right
- Fatigue or no energy
- Shortness of breath
- Dry hacking cough
- Dizziness

Medical Alert Zone ... Go to the Emergency Room or call 911 if you have:

- A hard time breathing
- Unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or inability to think clearly

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