

Behavior Requirements to Meet Teach-to-Goal Standards

The following is a list of behaviors that patients must display (or tell us that they are doing) as indication that they are performing healthy daily regimens for their heart failure (behavior changes).

Medications:

Can describe their system for managing medications

Salt:

Avoid Binges

Pt able to self-assess to identify binges

Pt able to read labels to assess sodium in foods eaten

Reduce total intake of salt

Pt able to read labels to assess sodium in foods eaten

Pt able to identify high Na foods

Exercise:

Not Sedentary

Pt performs exercise at regular intervals

Daily Check-Up:

Recording weight daily

Can accurately manage their diuretic adjustment