

General Interventions

- Called patient, verified identity with full name and date of birth
- Educated about the importance of seeking prompt medical attention by calling 911 or going to the nearest emergency department if experiencing symptoms such as chest pain, headache, dizziness, breathing difficulty, lightheadedness, visual changes, weakness, or any other acute symptoms
- Informed patient that RPM-HT does not replace any urgent care/emergency care services and that RPM-HT works in collaboration with their medical providers
- Provided patient with the contact information for 24-hour nurse advice line
- Educated patient to communicate concerns with RPM-HT RN and/or appropriate clinicians

Dyspnea/Fatigue

- Educated patient that weight gain can cause dyspnea
- Educated patient that frequent falls and confusion can be an indication that the brain is not getting enough blood supply

Orthopnea

- Recommended patient to elevate head of bed to a semi-fowler's position or add pillows under head when experiencing orthopnea

Swelling/Fluid Retention

- Reminded patient about daily weight monitoring, and taking their weight at a consistent time of day
- Encouraged patient to report to RPM-HT RN or cardiology provider
- Any sudden weight gain
- New or increased swelling in legs, ankles, feet, belly, or testicles
- Feeling much more tired than usual
- Frequent cough that doesn't go away
- Difficulty breathing and if getting worse
- Difficulty breathing at night when lying in bed or waking up with shortness of breath
- Encouraged patient to only drink fluid when thirsty and to notify RPM-HT RN if experiencing an increase or decrease in thirst

Palpitations or Syncope

- Encouraged patient to come to clinic for an EKG or to send a pdf of their EKG from their smart watch, if available

Lightheadedness

- Educated to change positions slowly and avoid sudden movements
- Instructed to wait 30 seconds in between changing positions such as lying to sitting

Medications

- Educated patient that HF medications should still be taken even if their baseline blood pressure is low
- Encouraged to take all medications as ordered and to notify RPM-HT and/or provider about any discontinuations or if experiencing any side effects
- Educated the patient on the details of the prescribed medications such as medication class, use, benefits, side effects, and risks.

Appetite/Dietary Recall

- Dietary and lifestyle counseling based on 24-hour dietary recall
- Encouraged patient to eat small, frequent meals to avoid abdominal distention and diaphragm elevation

Appendix 2. Remote Patient Monitoring – Home Telehealth (RPM-HT) Registered Nurse (RN)-specific suggested interventions for Heart Failure (HF). Abbreviations: Provider, Licensed Independent Provider; EKG, Electrocardiogram