

Measure specifications may be modified based on recommendations issued by the National Quality Forum

Quality of Care Measures

HF-1: Discharge Instructions

Description: Heart failure patients discharged home with written discharge instructions or educational material given to patient or caregiver at discharge or during the hospital stay addressing **all** of the following: activity level, diet, discharge medications, follow-up appointment, weight monitoring, and what to do if symptoms worsen.

Type of Measure: CMS Core
JCAHO Core

Rationale: Patient non-compliance with diet and medications is an important reason for changes in clinical status. Health care professionals should ensure that patients and their families understand their dietary restrictions, activity recommendations, prescribed medication regimen, and the signs and symptoms of worsening heart failure. National guidelines strongly support the role of patient education (Hunt, 2001). Despite this recommendation, comprehensive discharge instructions are rarely provided to older patients hospitalized with heart failure (CMS National Heart Failure Project baseline data).

Denominator Statement: Heart failure patients discharged home.

Included Populations: All discharges regardless of payer with:

- A principal diagnosis of heart failure (ICD-9-CM codes 402.01, 402.11, 402.91, 404.01, 404.03, 404.11, 404.13, 404.91, 404.93, 428.0, 428.1, 428.20, 428.21, 428.22, 428.23, 428.30, 428.31, 428.32, 428.33, 428.40, 428.41, 428.42, 428.43, 428.9) **AND**
- A discharge to home, home care, or home IV therapy

Excluded Populations:

- Patients less than 18 years of age

Numerator Statement: Heart failure patients with documentation that they or their caregivers were given written discharge instructions or other educational material addressing **all** of the following:

- activity level
- diet
- discharge medications
- follow-up appointment
- weight monitoring
- what to do if symptoms worsen

Selected References:

- Agency for Healthcare Research and Quality. Heart Failure: Evaluation and Care of Patients with Left Ventricular Systolic Dysfunction. U.S. Department of Health and Human Services. Clinical Practice Guidelines, Number 11. No 94-0612, June 1994.
- Hunt SA, Baker DW, Chin, MH, Cinquegrani MP, Feldman AM, Francis GS, Ganiats TG, Goldstein S, Gregoratos G, Jessup ML, Noble RJ, Packer M, Silver MA, Stevenson LW. ACC/AHA guidelines for the evaluation and management of chronic heart failure in the adult: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee to Revise the 1995 Guidelines for the Evaluation and Management of Heart Failure). 2001 American College of Cardiology Web site. Available at:
http://www.acc.org/clinical/guidelines/failure/pdfs/hf_fulltext.pdf