

Patient Guide

GUIDED-HF

Caring for patients with acute heart failure (AHF) discharged from the emergency department (ED)

GUIDED-HF is an intervention delivered as part of routine care for patients with a diagnosis of acute heart failure who are discharged home from the emergency department.

Want to learn more about how you could manage your heart failure at no cost by talking to a self-care coach after discharge from the emergency department?

Watch this 3-minute video

<https://youtu.be/oVIVKpBVU9I>



Once the emergency department provider diagnoses you with acute heart failure and determined you can be discharge home, they will make a note in your electronic health record for a self-care coach to contact you. A self-care coach will call you within 24-48 hours of ED discharge to follow-up with you. They will coach you on establishing a routine to manage your heart failure and daily exercise/activity, and ways to best monitor your salt and fluid intake.