



GUIDED-HF

An intervention delivered as part of routine care for patients with a diagnosis of acute heart failure (AHF) who are discharged home from the emergency department (ED).



GUIDED-HF

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

Who will receive GUIDED-HF?

- ▶ Patients with a planned ED discharge with a diagnosis of AHF
- ▶ Patients who are able to be visited and/or contacted by phone

While in the Emergency Department

- ▶ The ED provider will assess you and if you receive a diagnosis of AHF and will be discharged, 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.



After Discharge Home

Post-ED discharge visit

A team member will call you to discuss how we can help you manage your heart failure and determine your interest in participation.

Home Visit

A virtual/in-person home visit will be scheduled within 7 days from ED discharge. You will also be encouraged to schedule a follow-up appointment with your doctor.

Two coaching calls

The team member will discuss with you several important goals:

- ▶ Establishing a daily HF routine including medication taking and weights
- ▶ When to contact your HF provider about symptoms of worsening HF
- ▶ Maintaining a low-salt diet
- ▶ Monitoring fluid intake
- ▶ Establishing a daily routine of exercise/activity