

Heart Transplant Clinical Practice Guideline

Care Category	Ward Day 1 POD _____	Ward Day 2 POD _____	Ward Day 3 POD _____
Assessment/ Treatments/ Interventions	<ul style="list-style-type: none"> Assessment per ward routine Telemetry Vital signs q4h (except 0200 if stable) If wounds dry – remove dressing and leave to air If wounds draining - chlorhexadine and dry dressing <ul style="list-style-type: none"> if no swabs taken for culture, take swabs Chemstrips bid (08-16) Daily weight 	<ul style="list-style-type: none"> Assessment per ward routine Telemetry Vital signs q4h (except 0200 if stable) If wound dry - leave to air If wound draining - continue chlorhexidine and dry dressing Chemstrips bid (08+16) Daily weight (same scale) 	<ul style="list-style-type: none"> Assessment per ward routine D/C Telemetry (if RSR x24 hr) Vital signs q4h (except 0200) Remove saline lock once telemetry d/c (if no IVs) Flag chart for pacing wire removal Day 4 Daily weight (same scale) If Chemstrips > 9 continue bid (08-16) If Chemstrips < 9, once daily at 1600 hr. only Wound care (if draining)
Education <i>Please use patient competency checklist as an adjunct to the care plan.</i> Daily plan (as per patient guideline) on white board (1 day at a time only)	<u>NURSING</u> <ul style="list-style-type: none"> Introduction to ward Expected pathway understood 	<u>PHARMACY</u> <ul style="list-style-type: none"> Assess for suitability for self-medication Immunosuppressant teaching commenced <u>NURSING</u> <ul style="list-style-type: none"> Explanation of sternal support and wound care Acquisition of post-discharge tools underway 	<u>PHARMACY AND NURSING</u> <ul style="list-style-type: none"> Reinforce immunosuppressant teaching <u>PHARMACY</u> <ul style="list-style-type: none"> Other medication teaching commenced <u>NUTRITION</u> <ul style="list-style-type: none"> Introduction of dietary considerations
D/C Planning	<ul style="list-style-type: none"> Transition to ward setting 	<ul style="list-style-type: none"> Assess plans for accommodation 	<ul style="list-style-type: none"> Accucheck (if required) Medical Alert bracelet
Diagnostic Tests	<ul style="list-style-type: none"> MWF - Transplant bloodwork 2 hours post-dose if on Cyclosporine, 0830 if on Tacrolimus <ul style="list-style-type: none"> Cyclosporine given pre-bloodwork/Tacrolimus given post-bloodwork Monday - CXR If wound draining - swab for C&S Day 7 or closest BW - CMV Antigenemia (unless both patient & donor CMV negative) 		
Pain Management	<ul style="list-style-type: none"> Assess post-op pain q4h Offer Tylenol #3 or plain regularly q4h 		
Mobilization	<ul style="list-style-type: none"> Up in chair as much as possible Scheduled rest period 	<ul style="list-style-type: none"> Ambulate in hallway as tolerated. Up for meals Shower and wear own clothes (insulate pacing wires) Scheduled rest period 	<ul style="list-style-type: none"> Increase mobilization in hallway Exercise class Scheduled rest period
Nutrition	<ul style="list-style-type: none"> Fluid balance - intake & output Assess for nausea q 4h Cardiac/NAS Diet as tolerated 	<ul style="list-style-type: none"> Intake & Output Increase diet as tolerated 	
Bowel Function	<ul style="list-style-type: none"> Bowel protocol if required 		
Nursing Consults	<ul style="list-style-type: none"> Pharmacy Transplant CNS Physiotherapy 	<ul style="list-style-type: none"> Social Work 	<ul style="list-style-type: none"> Dietitian +/- Diabetic RN if Gluc ↑ +/- Psychologist

Cardiac Transplant Clinical Practice Guideline

Care Category	Ward Day 4 POD _____	Ward Day 5 POD _____
Assessment/ Treatments/ Interventions	<ul style="list-style-type: none"> Assessment per ward routine Vital Signs tid & prn 08/16/22 Wound care (if draining) If Chemstrips > 9 continue bid (08-16) If Chemstrips < 9, once daily at 1600 hr. only 	<ul style="list-style-type: none"> Assessment per ward routine Vital Signs tid & prn 08/16/22 Pt demonstrates taking own vital signs - checked by RN If Chemstrips > 9 continue bid (08-16) If Chemstrips < 9, once daily at 1600 hr. only
Education <i>Please use patient competency checklist as an adjunct to the care plan.</i> Daily plan (as per patient guideline) on white board (1 day at a time only)	<u>NURSING</u> <ul style="list-style-type: none"> Patient and family learning to monitor own vitals under RN supervision Reinforce medication teaching Effects of immunosuppression <u>PHARMACY</u> <ul style="list-style-type: none"> Assess competency with bedside medication administration 	<u>NURSING</u> <ul style="list-style-type: none"> Increase independence with medications <u>PHARMACY</u> <ul style="list-style-type: none"> Assess medication competency <u>NUTRITION</u> <ul style="list-style-type: none"> Discussion re dietary requirements post discharge
D/C Planning	<ul style="list-style-type: none"> Accommodation organized 	<ul style="list-style-type: none"> +/- Day pass if educational milestones have been reached
Diagnostic Tests	<ul style="list-style-type: none"> MWF - Transplant bloodwork 0630 if on Cyclosporin, 0830 if on Tacrolimus <i>Cyclosporin/Tacrolimus given post blood work</i> Monday - CXR If wound draining - swab for C&S Day 7 or closest BW - CMV Antigenemia (unless both patient & donor CMV negative)	
Pain Management	<ul style="list-style-type: none"> Assess post-op pain regularly and Offer regular Tylenol 3's or plain 	
Mobilization	<ul style="list-style-type: none"> Independent with ADL's Progression of exercise including hallway walking, stairs & exercise class Scheduled rest periods 	
Nutrition	<ul style="list-style-type: none"> Intake & output Increase Cardiac/NAS diet as tolerated 	
Bowel Function	<ul style="list-style-type: none"> Ensure normal bowel habits restored Bowel protocol if required 	

Cardiac Transplant Clinical Practice Guideline

Care Category	Ward Day 6 POD_____	Ward Day 7 POD_____
Assessment/ Treatments/ Interventions	<ul style="list-style-type: none"> • Assessment per ward routine • Vital Signs bid & prn 08/22 • Pt able to take own vital signs- checked by RN • If Chemstrips > 9 continue bid (08-16) • If Chemstrips < 9, once daily at 1600 hr. only 	<ul style="list-style-type: none"> • Discharge Assessment • Vital signs before discharge (patient to take own) • CT Sutures out (7 days post-CT removal) • If Chemstrips > 9 continue bid (08-16) • If Chemstrips < 9, once daily at 1600 hr. only
Education Daily plan (as per patient guideline) on white board (1 day at a time only)	<u>NURSING</u> <ul style="list-style-type: none"> • Review medication competency • Commence preparation for discharge teaching 	<u>NURSING</u> <ul style="list-style-type: none"> • Reinforce sternotomy care <u>PHARMACY</u> <ul style="list-style-type: none"> • Explain details of outpatient medication management
D/C Planning	<ul style="list-style-type: none"> • +/- Day Pass if educational milestones reached • Check with Transplant Clinic Nurse that <ul style="list-style-type: none"> • Transplant Clinic appt scheduled • Prescriptions given and filled (except immunosuppression) • Tests booked: <ul style="list-style-type: none"> • Biopsy • Bloodwork 	<ul style="list-style-type: none"> • Plan for removal of staples (if present) • Review discharge instructions • Prescriptions for Immunosuppression filled
Diagnostic Tests	<ul style="list-style-type: none"> • MWF - Transplant bloodwork 0630 if on Cyclosporin, 0830 if on Tacrolimus • <i>Cyclosporin/Tacrolimus given post blood work</i> • Monday - CXR • If wound draining - swab for C&S <p>Day 7 or closest BW - CMV Antigenemia (unless both patient & donor CMV negative)</p>	
Pain Management	<ul style="list-style-type: none"> • Tylenol or Tylenol 3's as required 	
Mobilization	<ul style="list-style-type: none"> • Independent with ADL's • Progression of exercise including hallway walking, stairs & exercise class • Scheduled rest periods 	
Nutrition	<ul style="list-style-type: none"> • Cardiac/NAS diet as tolerated 	
Bowel Function	<ul style="list-style-type: none"> • Ensure normal bowel habits restored • Bowel protocol if required 	