

PATIENT EDUCATION COMPETENCIES

DAY 1 ON WARD

Competency
achieved
Initials

Expected Pathway

- Patient demonstrates understanding of expected pathway
- Patient demonstrates understanding of important dietary considerations

This session should take no longer than 10 minutes

DAY 2 ON WARD

Commence immunosuppressant teaching

- Patient understands drug names, times and indications:
 - Cyclosporine (Neoral) or _____
 - Mycophenolate mofetil (Cellcept)
 - Prednisone
- Patient able to request immunosuppression under RN/pharmacy supervision at appropriate times

This session should take no longer than 20 minutes

Sternal support and wound care

- Patient understands and follows the documented principals of sternotomy care
- Patient understands the importance of regular pain medication

This session should take no longer than 10 minutes

DAY 4 ON WARD

Competency
achieved
Initials

Self-medication

- Patient able to self-administer immunosuppressants under supervision _____
- Patient able to self-administer at least half of non-immunosuppressant drugs with supervision _____

This session should take no longer than 10 minutes bid

Effects of transplantation and immunosuppression

- The patient will demonstrate a basic understanding of the following concepts:
 - Basics of the immune system _____
 - The function of the transplanted heart _____
 - The role of immunosuppression _____
 - Rejection _____
 - Diagnosis of rejection _____
 - Signs and symptoms of rejection _____
 - Infection _____
 - Signs and symptoms of infection _____
 - Prevention of infection _____
 - Action to take if signs and symptoms of rejection and/or infection occur _____

This session should take no longer than 30 minutes and may take more than one session.

Monitoring own vital signs under supervision

**Competency
achieved**
Initials

- Patient and/or carer able to accurately measure, record and interpret temperature
- Patient and/or carer able to accurately measure, record and interpret blood pressure
- Patient and/or carer able to accurately measure, record and interpret weight
- Patient and/or carer able to accurately measure, record and interpret weight

This session should take no longer than 15 minutes

DAY 5 ON WARD

Self-medication

- Patient able to self-administer all medications at bedside with supervision

This session should take no longer than 10 minutes bid

Dietary information

- Patient understands the food safety guidelines, protein and magnesium requirements and salt and fluid intake prescriptions
- Patient understands the prescription for dietary management of blood sugar levels
- Patient understands the importance of following diet for lowering cholesterol
- Patient and caregiver understand the steps to take after discharge regarding diet

This session should take no longer than 30 minutes

DAY 6 ON WARD

**Competency
achieved**
Initials

Preparation for discharge

- Patient and caregiver understand outpatient schedule _____
- Patient and caregiver are able to describe the circumstances under which they would call. _____
- Patient and caregiver aware of who to contact during office hours and after hours _____

This session should take no longer than 30 minutes

DAY 7 ON WARD

Sternotomy care post-discharge

- Patient has read and understands wound care handout _____
- Patient and caregiver demonstrate understanding of sternotomy care _____

This session should take no longer than 10 minutes

Outpatient medications

- Patient and caregiver understand medication refill procedures by ambulatory and community pharmacies _____

This session should take no longer than 15 minutes