

Care Provider: _____

Did the care provider demonstrate...	Yes	No	N/A	Comments/Date/Signature of Observer
Teaching of disease process (pg4-5)				
Teaching of symptoms (pg 5)				
Teaching of medications (pg 6-11)				
Teaching weight monitoring (pg13 and weight log handout)				
Teaching low sodium diet (pg 14-19 and sodium handout)				
Teaching hidden sodium foods (pg 14-19 and sodium handout)				
Teaching label reading (pg 17 and sodium handout)				
Teaching of smoking cessation (pg 20 and OK tobacco helpline)				
Teaching of use of exercise (pg 22-24)				
Teaching of edema management (pg 26)				
Teaching of when to notify/contact healthcare provider and use of zone sheet? (pg 30, zone sheet)				

References: Learning to Live with Heart Failure by Channing Bete; Oklahoma Tobacco Helpline (OKhelpline.com); SCAT zone sheet/weight log; SCAT sodium teaching sheet (SCAT data available on SMC website).

I have viewed the SCAT CHF video and have reviewed the teaching materials that are to be used to teach patients how to self-manage CHF. I understand the content and am competent to teach CHF self-management skills to patients.

 Staff Signature

 Date

 Time

Reviewed/Revised: 12/15, 8/18 Reference: For Use On:	STILLWATER MEDICAL CENTER CHF Teaching Observation Tool	Patient Label (Pt Name, V#, MR#, DOB, DOS, Age, Sex, Loc, Physician)
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