













Heart Transplant CareMap

Your care plan may differ

Before Surgery	Day of Surgery	Day 1: ICU	Day 2: ICU	Days 3-4: ICU
<ul style="list-style-type: none"> <input type="checkbox"/> Talk with Transplant Care Team about surgery <input type="checkbox"/> Receive consent forms to study and understand before signing <input type="checkbox"/> Receive education materials  <input type="checkbox"/> Referred to other consult visits, if needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Receive call to come to the hospital <input type="checkbox"/> Do not eat or drink anything after you receive the call  <input type="checkbox"/> Admitted to hospital on arrival <input type="checkbox"/> Care team prepares you for surgery <input type="checkbox"/> Have transplant surgery  	Treatment and Medicines		
		<ul style="list-style-type: none"> <input type="checkbox"/> ICU and Cardiac Surgery Team provide your care <input type="checkbox"/> Start breathing with less ventilator support, then ventilator removed <input type="checkbox"/> Blood draw to test drug levels so that medicines can be adjusted as needed  <input type="checkbox"/> Begin taking transplant and immunosuppression medicines <input type="checkbox"/> Pain managed to do breathing exercises and increase activity <input type="checkbox"/> May begin diuretic therapy to remove excess water and salt 	<ul style="list-style-type: none"> <input type="checkbox"/> Keep taking transplant and immunosuppression medicines <input type="checkbox"/> Continue diuretic therapy 	<ul style="list-style-type: none"> <input type="checkbox"/> Monitoring lines may be removed (chest tubes, central lines, Foley catheter) <input type="checkbox"/> Day 4: Move from ICU to 5-Northeast (5NE) when bed open
Goals	After Surgery	Diet and Nutrition		
<ul style="list-style-type: none"> Confirm that you, your family, and your caregivers understand: <input type="checkbox"/> Consent forms <input type="checkbox"/> What will happen during your transplant surgery <input type="checkbox"/> What will happen during your hospital stay <input type="checkbox"/> Your care after discharge from the hospital 	<ul style="list-style-type: none"> <input type="checkbox"/> On ventilator for breathing support <input type="checkbox"/> Monitoring lines (chest tubes and catheters) in place <input type="checkbox"/> Move from operating room to Cardiothoracic Intensive Care Unit (5-Southeast) <input type="checkbox"/> Bed rest for first 4 hours, then turn in bed every 2 hours <input type="checkbox"/> Surgeon talks with family  	<ul style="list-style-type: none"> <input type="checkbox"/> May start liquid diet when able to breathe without ventilator 	<ul style="list-style-type: none"> <input type="checkbox"/> Start eating solid foods, if able 	<ul style="list-style-type: none"> <input type="checkbox"/> Consult with dietitian
		Activity		
		<ul style="list-style-type: none"> <input type="checkbox"/> Evaluated by Physical Therapy (PT) and Occupational Therapy (OT) <input type="checkbox"/> Do PT exercises, sit on edge of bed, sit in chair, if able <input type="checkbox"/> Arm exercises and activities of daily living (ADLs) with OT <input type="checkbox"/> Assisted bath 	<ul style="list-style-type: none"> <input type="checkbox"/> Sit in chair for all meals <input type="checkbox"/> Progress ADLs, start using bedside commode <input type="checkbox"/> Follow movement guidelines from PT and OT, continue with arm exercises within precautions 	<ul style="list-style-type: none"> <input type="checkbox"/> Progress ADLs, dressing training with equipment as needed, stand at sink for grooming
		Education		
		<ul style="list-style-type: none"> <input type="checkbox"/> Learn about breathing exercises, activity precautions 		
		Goals		
		<ul style="list-style-type: none"> <input type="checkbox"/> Understand and partner in recovery and personal care <input type="checkbox"/> Able to sit on edge of bed or chair to do self-care, with help 	<ul style="list-style-type: none"> <input type="checkbox"/> Review next day's care plan with family <input type="checkbox"/> Able to sit up, stand up, and march in place 	<ul style="list-style-type: none"> <input type="checkbox"/> Review self-care handouts <input type="checkbox"/> Able to take short walks in hall with walker

Days 5-6: 5NE	Days 7-9: 5NE	Day 10: Discharge	Self-care / Follow-up
Treatment and Medicines			
<input type="checkbox"/> Chest tubes removed <input type="checkbox"/> Cardiology Transplant Care Team provides your care▶ <input type="checkbox"/> Blood draw to test drug levels so that medicines can be adjusted as needed▶ <input type="checkbox"/> Keep taking transplant and immunosuppression medicines▶ <input type="checkbox"/> Pain managed, able to increase activity, do breathing exercises▶ <input type="checkbox"/> Continue diuretic therapy▶ <input type="checkbox"/> Day 6: Have echocardiogram	<input type="checkbox"/> Day 7: Care team does heart biopsy <input type="checkbox"/> Wires removed	<input type="checkbox"/> Receive updated list of medicines <input type="checkbox"/> Full independence within precautions, final PT/OT training <input type="checkbox"/> Receive final discharge instructions: - Activity - Diet - Medicines (review with pharmacist) - Schedule for follow-up visits - Who to call in an emergency - Weight monitoring - Blood pressure monitoring - Blood glucose monitoring, if needed	Continue: <input type="checkbox"/> Taking transplant and immunosuppression medicines <input type="checkbox"/> Eating solid foods <input type="checkbox"/> ADLs and activity exercises <input type="checkbox"/> Moving within precautions for 10 weeks (until doctor clears you) <input type="checkbox"/> Self-care: - Incision care, watch for infection - Breathing exercises - Weigh (once a day) - Blood pressure check (twice a day) - Blood glucose monitoring, if needed
Diet			
<input type="checkbox"/> Eat solid foods▶			
Activity			
<input type="checkbox"/> Sit in chair for all meals▶ <input type="checkbox"/> Assisted bath▶ <input type="checkbox"/> Progress ADLs▶ <input type="checkbox"/> Follow movement guidelines from PT and OT▶ <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Chair for Meals</div> <div style="text-align: center;"> Assisted Bath</div> <div style="text-align: center;"> Moving</div> </div>	<input type="checkbox"/> Shower training with OT (24 hours after chest tubes removed) <input type="checkbox"/> Talk with PT and OT about outpatient cardiac rehab and equipment needs <input type="checkbox"/> Try climbing stairs with PT	<input type="checkbox"/> Care team signs off on readiness for discharge <input type="checkbox"/> Discharge with family and caregiver <div style="text-align: center;"></div>	
Education and Discharge Planning			
<input type="checkbox"/> Teaching: - Self-care with Transplant Coordinators and bedside nurse(s)▶ - Medicine teaching with pharmacist▶ - Discharge planning with social worker▶	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Teaching</div> <div style="text-align: center;"> Planning</div> </div>		
Goals			
<input type="checkbox"/> Understand and restate: - How treatment is going - What medicines you are taking, what they do - Daily care goals, follow-up plan - Goal discharge date <input type="checkbox"/> Track and take part in daily monitoring of weight, blood pressure, and blood sugars (if needed) <input type="checkbox"/> Know how to care for incision and watch for signs of infection <input type="checkbox"/> Take short walks in the hall with walker 3 times a day, start moving without walker	<input type="checkbox"/> Discharge plan confirmed <input type="checkbox"/> Follow-up visits set up for at least next 12 months <input type="checkbox"/> Home supplies, equipment ordered, if needed <input type="checkbox"/> Can move safely on your own, do ADLs within precautions <input type="checkbox"/> Understand medicine routine, take all meds on time <div style="text-align: right;"></div>		<input type="checkbox"/> Know who to call in an emergency <input type="checkbox"/> Know who and when to call the Transplant Coordinator Care Team with questions of concerns