

## America's 50 Best Hospitals Award

We are proud to announce that for the fourth year in a row, PBGMC has been named one of America's 50 Best Hospitals by HealthGrades. To make the America's 50 Best list, hospitals must demonstrate superior outcomes, not just in one medical specialty, but across 26 different procedures and conditions for a minimum of six years.



## Cardiac Awards

- Cardiac Care Excellence Award (2007-2010)
- Cardiac Surgery Excellence Award (2008-2010)
- Ranked among the top 5 percent in the nation for overall cardiac services and also for cardiology services for four consecutive years (2007-2010)
- Ranked among the top 10 percent in the nation for cardiac surgery (2008-2010)

## Five Star Cardiac Services Awards

- Overall cardiology services (2007-2010)
- Cardiac surgery (2008-2010)
- Cardiology services (2003-2010)
- Coronary bypass surgery (2007-2010)
- Carotid surgery (2007-2010)
- Coronary interventional procedures (2003-2010)
- Treatment of heart attack (2003-2010)

HealthGrades rated each of the nation's 5,000 nonfederal hospitals in nearly 30 procedures and diagnoses. The ratings are objective, created from data provided by the Centers for Medicare and Medicaid Services. Mortality and complication rates are risk-adjusted, which takes into account differing levels of severity of patient illness and allows for hospitals to be compared on equal footing.

  
Palm Beach Gardens  
Medical Center  
Cardiac Rehab Outpatient Center  
2503 Burns Road  
Palm Beach Gardens, FL 33410  
**561-776-8201**  
[pbgmc.com](http://pbgmc.com)

  
Palm Beach Gardens  
Medical Center



# Heart Failure Education Clinic





## Heart Failure Education Program

Over 5 million Americans are living with congestive heart failure today. Heart failure can be associated with poor quality of life, early death, more than 3 million ambulatory care and emergency department visits, and more than 1 million inpatient hospitalizations annually.

Fortunately, heart failure can be treated. Getting good medical care, following doctor's orders and learning about heart failure will help you lead a comfortable life.

At PBGMC we feel appropriate education about heart failure is critical, not only for the patient, but also for family members. With this in mind, we have created a free four-week Heart Failure Education Clinic that is designed to teach patients and their families about heart failure. The goal is to promote compliance in self care, thereby improving quality of life!

Our team of cardiac and pulmonary rehabilitation nurses is ready to educate you on heart failure!

To find out more about this program, please call 561-776-8201.



## Heart Failure Education Clinic

The Heart Failure Education Clinic at PBGMC consists of a rotating 4-week education program. New patients can begin at any time during the rotation and complete all four weeks. There is no charge for this program. Each session will begin with a mini assessment from a cardiac rehab RN including:

- Weight
- Lung sounds
- O<sub>2</sub> sat/heart rate
- Blood pressure
- Edema assessment
- Review of medical history and systems

The initial assessment and final evaluation will be sent to the patient's physician. The physician will be notified of any significant change in weekly assessments.

### Week #1: Congestive Heart Failure (CHF)

What is it? Definition and explanation of the disease process.

### Week #2: Medications

Know your meds—what they are and how they work.

### Week #3: Diet and Nutrition

Eating a heart healthy, low sodium diet.

### Week #4: Exercise and Compliance

The role that exercise plays in the heart failure patient and the importance of compliance with medical care in order to reduce risk factors.



## The Nurses' Role in Promoting Self Care for the CHF Patient

The Cardiac and Pulmonary Rehabilitation nurses at the PBGMC Outpatient Cardiac Rehabilitation Center are an integral part of the Heart Failure Education Clinic. Their primary role is promoting self care for the CHF patient through patient education.

This includes:

- Physician communication
- Monitoring daily weight and notifying physician for weight gain of >2lbs/day or 4lbs/week
- Reminding patients to take prescribed medications
- Blood pressure control
- Encouraging patients to follow a low sodium diet; avoid tobacco use and second hand smoke; stay active per physician guidelines; follow up with medical care and doctor appointments; promote rest, and offer helpful advice – for instance, patients may need more than one pillow to sleep.