



Participant Profile

A 60-year-old male with comorbidities of coronary artery disease, diabetes, hypertension and depression is enrolled in the *Alere Heart Failure Program*.

Participant Quote:

"I am eating better foods and using portion sizes."

Health Concerns

A male participant with heart failure is feeling frustrated about monitoring his weight daily due to fluctuations from fluid retention.

Discoveries

- The participant weighs over 300 pounds and does not adhere to a diet regimen.
- He is not monitoring his weight, blood pressure or blood sugar levels regularly.
- The participant has difficulty accepting his condition and expresses feelings of despair and hopelessness.
- He suffers from a foot ulcer and has been in a "wound boot" for some time.

Interventions

- The Care Management Nurse educated on blood glucose levels and the signs and symptoms of hypoglycemia or hyperglycemia.
- She provided the participant with a proper scale and blood pressure cuff to encourage monitoring of these values daily.
- She advised the participant on counting carbohydrates, portions, guidelines and a heart healthy diet.
- The Care Management Nurse provided praise and encouragement to the participant.
- He was sent educational material regarding diet, stress management, heart failure, exercise, diabetes, heart disease and stroke.

Improvements

- The participant monitors his weight, blood sugar and blood pressure levels daily.
- He has lost 16 pounds and is continuing to work to lose more.
- The participant improved his diet through eating less salt and complying with proper portion sizes.
- He has quit smoking and his foot ulcer has improved.
- The participant states he feels better and is no longer in denial about his condition.