### Before Surgery
- Talk with Transplant Care Team about surgery
- Receive consent forms to study and understand before signing
- Receive education materials
- Referred to other consult visits, if needed

### Day of Surgery
- Receive call to come to the hospital
- Do not eat or drink anything after you receive the call
- Admitted to hospital on arrival
- Care team prepares you for surgery
- Have transplant surgery

### Day 1: ICU
- ICU and Cardiac Surgery Team provide your care
- Start breathing with less ventilator support, then ventilator removed
- Blood draw to test drug levels so that medicines can be adjusted as needed
- Begin taking transplant and immunosuppression medicines
- Pain managed to do breathing exercises and increase activity
- May begin diuretic therapy to remove excess water and salt

### Day 2: ICU
- Keep taking transplant and immunosuppression medicines
- Continue diuretic therapy
- Monitoring lines may be removed (chest tubes, central lines, Foley catheter)
- Day 4: Move from ICU to 5-Northeast (5NE) when bed open

### Days 3-4: ICU
- Monitoring lines may be removed (chest tubes, central lines, Foley catheter)
- Day 4: Move from ICU to 5-Northeast (5NE) when bed open

### After Surgery
- On ventilator for breathing support
- Monitoring lines (chest tubes and catheters) in place
- Move from operating room to Cardiothoracic Intensive Care Unit (5-Southeast)
- Bed rest for first 4 hours, then turn in bed every 2 hours
- Surgeon talks with family

### Diet and Nutrition
- May start liquid diet when able to breathe without ventilator
- Start eating solid foods, if able
- Consult with dietitian

### Activity
- Evaluated by Physical Therapy (PT) and Occupational Therapy (OT)
- Do PT exercises, sit on edge of bed, sit in chair, if able
- Arm exercises and activities of daily living (ADLs) with OT
- Assisted bath
- Sit in chair for all meals
- Progress ADLs, start using bedside commode
- Progress ADLs, dressing training with equipment as needed, stand at sink for grooming

### Education
- Learn about breathing exercises, activity precautions

### Goals
- Understand and partner in recovery and personal care
- Able to sit on edge of bed or chair to do self-care, with help
- Review next day’s care plan with family
- Able to sit up, stand up, and march in place
- Review self-care handouts
- Able to take short walks in hall with walker
### Days 5-6: 5NE

#### Treatment and Medicines
- Chest tubes removed
- Cardiology Transplant Care Team provides your care
- Blood draw to test drug levels so that medicines can be adjusted as needed
- Keep taking transplant and immunosuppression medicines
- Pain managed, able to increase activity, do breathing exercises
- Continue diuretic therapy
- Day 6: Have echocardiogram

#### Diet
- Eat solid foods

#### Activity
- Sit in chair for all meals
- Assisted bath
- Progress ADLs
- Follow movement guidelines from PT and OT
- Shower training with OT (24 hours after chest tubes removed)
- Talk with PT and OT about outpatient cardiac rehab and equipment needs
- Try climbing stairs with PT

### Days 7-9: 5NE

#### Day 7: Care team does heart biopsy

#### Education and Discharge Planning

- Teaching:
  - Self-care with Transplant Coordinators and bedside nurse(s)
  - Medicine teaching with pharmacist
  - Discharge planning with social worker
- Discharge plan confirmed

#### Goals
- Understand and restate:
  - How treatment is going
  - What medicines you are taking, what they do
  - Daily care goals, follow-up plan
  - Goal discharge date
- Track and take part in daily monitoring of weight, blood pressure, and blood sugars (if needed)
- Know how to care for incision and watch for signs of infection
- Take short walks in the hall with walker 3 times a day, start moving without walker

### Day 10: Discharge

- Receive updated list of medicines
- Full independence within precautions, final PT/OT training
- Wires removed
- 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
- Care team signs off on readiness for discharge

### Self-care / Follow-up

- Taking transplant and immunosuppression medicines
- Eating solid foods
- ADLs and activity exercises
- Moving within precautions for 10 weeks (until doctor clears you)
- Self-care:
  - Incision care, watch for infection
  - Breathing exercises
  - Weigh (once a day)
  - Blood pressure check (twice a day)
  - Blood glucose monitoring, if needed
- Know who to call in an emergency
- Know who and when to call the Transplant Coordinator Care Team with questions of concerns

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Published PFES: 10/2014, 02/2015  Clinician Review: 02/2015
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