

Emergency Care Plans for Long Term Conditions Ischaemic Heart Disease

Patient Details

Name:
(forename/surname)

NHS no:

DOB:

GP:
(registered GP address)

Hospital No:

Next of Kin:

Next of kin tel no:

Name of Community Practitioner

Tel:

Mobile:

Action Plan (self management) signs of deterioration

Signs & Symptoms to look out for:

- Increasing chest/angina pain
- An extreme tiredness, exhaustion or feeling of collapse
 - Associated with increasing shortness of breath
 - Associated with nausea or vomit
 - Associated with increased sweating

What to do for the above symptoms

Sit down and rest for approximately 2 minutes.

- 1. If pain still present, use 2 sprays of GTN spray under tongue and wait 5 mins**
- 2. If pain still present, use 2 more sprays of GTN spray and wait 5 mins**
- 3. If pain still present, use 2 more sprays of GTN spray and wait 5 mins**
- 4. If pain still present, ring 999 for an ambulance**

If pain resolves

Contact Community Practitioner or GP who may want to alter medications and perform an examination

Indications for urgent medical attention

- Continued angina/chest pain after 3 x GTN prays within 15 mins - heart pain that persists over 15 mins should be investigated at the hospital
- Unable to speak in sentences
- Oxygen saturation below 92% on room air
- Respiratory rate above 25 breaths per minute, SBP below 80mmHG

Information for emergency services

Allergies

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Medications

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Past medical history

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Normal baseline observations

Blood pressure:	Heart Rate:	Respiratory Rate:
Oxygen saturations:	MRC (dyspnoea scale):	Temperature:

Professional network

Name	Address	Phone no	Relationship to patient

Name:

Signature:

Designation:

Date: