Conemaugh Home Health
Home Diuretic Protocol

The Home Diuretic Protocol may be an alternative to hospitalization. Conemaugh Home Health has implemented a Home Diuretic Protocol (HDP) in an effort to prevent avoidable inpatient readmissions, allowing some patients to stay in their homes. Although the program has much greater detail, we are providing the simplified overview of the protocol below.

HDP eligibility
• A heart failure patient typically chronic with adequate renal function
• The patient must be able to stand to obtain an accurate weight
• Patient’s current diuretic order must include one of the following: Furosemide, Bumetanide or Torsemide

Protocol orders include
• The physician is initially notified when the protocol is activated and then daily with the patient’s assessment and response to interventions, along with lab results.
• Activation of the protocol is driven by a patient’s weight
• Daily lab monitoring occurs [Chem 7 and MG++ and GFR], with parameters on when to hold the protocol
• Assessments are conducted for fluid overload and response to treatment
• Diuretics and K+ adjustments are administered in accordance with the protocol (prescription for medications will be needed)

Medication Table
• Additional potassium may be provided, dependent upon K+ results
• The maximum dosage for each medication is specified on the medication chart.

The protocol utilizes the following dosage pattern:
  - Day 1 - Double diuretic
  - Day 2 - Double diuretic and add Zaroxyln
  - Day 3 - IV Diuretic
  - Day 4 - Possible emergent intervention

Many times patients who are admitted to the hospital are treated with IV diuretics, assessments and lab monitoring. Some of those admissions possibly could be avoided with this home diuretic program. Consider ordering Conemaugh Home Health’s Home Diuretic Protocol to reduce HF readmission rates.

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