

Assessment 04 – Remote Collaboration and Evidence-Based Care

Create a 5-10 minute video of yourself, as a presenter, in which you will propose an evidence-based plan to improve the outcomes the patient in the provided case study below, and examine how remote collaboration provided benefits or challenges to designing and delivering the care.

Before you complete the instructions detailed in the courseroom, first review the case study below.

INTRODUCTION

Congestive heart failure (CHF) is a serious condition in which the heart doesn't pump blood as efficiently as it should. Providing evidence-based care for CHF can be challenging, especially when care is being provided remotely. In this case study, we will observe how healthcare professionals collaborate remotely and virtually to provide care for a patient with CHF.

PATIENT INFORMATION

The patient is a 65-year-old male diagnosed with congestive heart failure. He lives in a rural area and has limited access to specialized cardiac care. The patient has a history of hypertension and has been experiencing symptoms such as shortness of breath, fatigue, and swelling in the legs.

COLLABORATION PROCESS

The patient's primary care physician, Dr. Johnson, collaborates remotely with a team of healthcare professionals, including a cardiologist, a nurse, and a pharmacist, to provide evidence-based care for CHF.

- **Dr. Johnson:** "Good morning, everyone. Thank you for joining this virtual meeting to discuss the care of our patient with congestive heart failure. Based on the patient's symptoms and medical history, I believe he would benefit from a comprehensive treatment plan. I would like to hear your input and recommendations."
- **Cardiologist:** "Thank you, Dr. Johnson. I have reviewed the patient's medical records and echocardiogram results. I agree that the patient has congestive heart failure and requires a comprehensive treatment plan. I recommend initiating medication therapy, including ACE inhibitors and diuretics, to manage his symptoms and improve cardiac function."
- **Nurse:** "I have been monitoring the patient's vital signs remotely and have noticed fluctuations in blood pressure and weight. I suggest implementing a telemonitoring system to closely monitor the patient's condition and provide timely interventions when

necessary. This will help us detect any worsening of symptoms and prevent hospitalizations."

- **Pharmacist:** "I have reviewed the patient's medication list and potential drug interactions. It is crucial to ensure that the patient understands the importance of medication adherence and any potential side effects. I recommend providing education and counseling to the patient and his family on the proper use of medications and lifestyle modifications."
- **Dr. Johnson:** "Thank you all for your valuable input. I will incorporate your recommendations into the patient's treatment plan. Let's schedule regular virtual follow-up visits to monitor his progress and make any necessary adjustments to his care."

Consider additional consultations that might be necessary as you develop your plan of care for this patient.