Home Health Value-Based Purchasing Model

Care Path: Improvement in Dyspnea

**MEASURING IMPROVEMENT**
To improve in dyspnea, a patient must improve on M1400 from SOC/ROC to Discharge:
- 4: 3, 2, 1, or 0
- 3: 2, 1, or 0
- 2: 1, or 0
- 1: 0

**IMPLEMENTATION**

1. **OASIS (M1400)**
   - When is the patient dyspneic or noticeably short of breath?
   - 0: Patient is not short of breath
   - 1: Walking more than 20 feet, climbing stairs
   - 2: With moderate exertion (for example, while dressing, using commode or bedpan, walking distances less than 20 feet)
   - 3: With minimal exertion (for example, while eating, talking, or performing other ADLs) or with agitation
   - 4: At rest (during day or night)

2. **Implement the following:**
   - Establish the patient's goal for dyspnea
   - Emergency Care Plan (Stoplight Tool)
   - Establish pulse oximetry parameters
   - Educate in:
     - Breathing Techniques (deep breathing & pursed lip breathing)
     - Energy conservation
     - S/S respiratory infection
     - Coordinate influenza and pneumococcal immunizations (if needed)
   - Assist with advance care planning (advance directive, POLST, etc.)

3. **Does this patient have ANY of the following clinical issues or treatments that may be impacting their dyspnea?**
   - Yes
   - No

4. **Stop**

**SIS of Anxiety**
- Assess: Effectiveness of medication regimen
- Educate & Teach-Back: Progressive Muscle Relaxation
- Consult: MHARN
- SBAR: Medication evaluation

**SIS of Depression**
- Assess: PHQ and PHQ9
- Assess: Psycho-social factors
- Assess: Effectiveness of current treatment
- Consult: MHARN

**Oxygen**
- Use: Need for or Orders for O2

**Medications**
- Related to dyspnea or impacting dyspnea (e.g., nebular treatments, inhalers, dyspnea, etc.)
- Assess: Medication regimen effectiveness related to dyspnea
- Educate & Teach-Back: Care of equipment
- Assess: Possible sleep desaturation/ sleep apnea
- Educate & Teach-Back: Use of nebulizer and/or inhaler

**SIS of URI, or Recent Respiratory Infection**
- Assess: History of respiratory infections
- Educate: Oral hygiene
- Educate & Teach-Back: S/S respiratory infection

**Activity Intolerance**
- Consult: PT and/or OT for home exercise program and/or pulmonary rehabilitation
- Educate & Teach-Back: Modifications to home environment to decrease dyspnea
- Consult: MSW to evaluate resources for home modifications

**Environmental Issues**
- Consider implementing any of the following interventions:
  - Impact of environment on dyspnea
  - Educate & Teach-Back: Modifications to home environment to decrease dyspnea
  - Consult: MSW to evaluate resources for home modifications

**Notes:**
- This Care Path is a guide to assist in care planning. All patient interventions should be developed and prioritized to meet the patient's individual needs. Interventions may be implemented that are not included in this Care Path.
- Consider implementing any of the following interventions.
References

Anxiety and Depression Association of America.  
https://www.adaa.org/resources-professionals/practice-guidelines-gad


