

PATIENT DISCHARGE SUMMARY

Patient Name: Aisha Rahman

Attending Physician: Dr. Sanjay Mehta, MD
(Cardiology / Heart Failure)

Date of Birth: 03/14/1958

Primary Language: Urdu

MRN: ECH-2026-55831

Discharge Disposition: Home with visiting nurse services

Admission Date: 02/12/2026

Prior Admission: Valley Medical Center,
01/22-01/27/2026 (CHF exacerbation)

Discharge Date: 02/16/2026

PRINCIPAL DIAGNOSIS

Recurrent acute decompensated heart failure (30-day readmission). LVEF unchanged at 30%. Precipitating factors identified: dietary non-adherence (high sodium intake per patient report), medication non-compliance (patient had not been taking sacubitril/valsartan due to confusion about the new medication added at prior discharge). BNP on admission: 2,214 pg/mL. Weight 8 lbs above dry weight.

SECONDARY DIAGNOSES

- Type 2 diabetes mellitus, A1c 8.0% (worsening from 7.8%)
- Chronic kidney disease, Stage 3a (eGFR 48 mL/min, slight decline)
- Atrial fibrillation, rate-controlled
- Hyponatremia (Na 129 on admission, corrected to 134)
- Health literacy barrier and language-concordant care gap identified

HOSPITAL COURSE

Patient presented to the ED 16 days after prior discharge from Valley Medical Center with recurrent bilateral lower extremity edema, orthopnea, and 8-pound weight gain. Admitted to telemetry. IV furosemide boluses followed by continuous infusion. Diuresed 5.4 liters over 4 days. Sacubitril/valsartan was restarted with extensive pharmacist-led education via Urdu interpreter. Sodium restricted to 1,500 mg/day with dietitian consultation. Social work referral made for home health aide and visiting nurse. Patient education repeated using teach-back method in Urdu through interpreter services.

DISCHARGE MEDICATIONS

- Furosemide (Lasix) 60 mg - Take by mouth twice daily (morning and early afternoon). DOSE INCREASED from prior 40 mg. Weigh yourself daily BEFORE taking this pill.
- Carvedilol (Coreg) 12.5 mg - Take by mouth twice daily with meals. No change.
- Sacubitril/Valsartan (Entresto) 24/26 mg - Take by mouth twice daily. IMPORTANT: You must take this medication every day. It protects your heart. Do NOT skip.
- Spironolactone (Aldactone) 25 mg - Take by mouth once daily in the morning. No change.
- Apixaban (Eliquis) 5 mg - Take by mouth twice daily for atrial fibrillation. No change.
- Metformin 1000 mg - Take by mouth twice daily with meals. No change.
- Atorvastatin (Lipitor) 40 mg - Take by mouth once daily at bedtime. No change.
- Potassium chloride 20 mEq - Take by mouth once daily. INCREASED furosemide dose may require dose adjustment at follow-up.

- Metolazone 2.5 mg - Take ONLY on days when your weight goes up 2+ lbs overnight. NEW rescue diuretic. Call your doctor before using more than 2 days in a row.

FOLLOW-UP APPOINTMENTS

- Heart Failure Clinic: Dr. Sanjay Mehta - February 19, 2026 at 9:00 AM - El Camino Heart Failure Clinic, 2500 Grant Rd, Suite 320 - Weight check, labs, medication reconciliation. CRITICAL: 3 days post-discharge, do not miss.
- Primary Care: Dr. Sarah Iqbal - February 23, 2026 at 2:00 PM - Sunnyvale Family Medicine - Diabetes management and kidney function monitoring
- Visiting Nurse: Will contact you within 24 hours of discharge to schedule first home visit
- Lab Work: BMP + BNP - February 19, 2026 (same day as cardiology visit, fasting)

ENHANCED SELF-CARE PLAN (Updated)

- Weigh yourself EVERY MORNING at the same time, wearing the same type of clothing, after using the bathroom, before eating. Write it down on the log sheet provided.
- STRICT sodium limit: 1,500 mg per day (reduced from prior 2,000 mg). The visiting nurse will review food labels with you.
- Fluid restriction: 1.5 liters per day. Use the marked water bottle provided by the hospital to track intake.
- PILL ORGANIZER: The pharmacist has pre-filled a 7-day AM/PM pill organizer for your first week. The visiting nurse will help you refill it.
- Keep a symptom diary: rate your breathing difficulty daily from 1 (no problem) to 5 (very hard). Bring this to every doctor visit.
- Do NOT take ibuprofen, naproxen (Aleve), or any NSAID medications.
- Metolazone rescue: If your weight jumps up 2+ pounds in one day, take ONE metolazone 2.5 mg tablet AND call Dr. Mehta's office at (650) 940-7320.

WARNING SIGNS - CALL 911 OR GO TO THE ER

- Weight gain of 3+ pounds in one day or 5+ pounds in one week
- Cannot breathe when lying flat, even with extra pillows
- New or worsening swelling in legs, belly, or hands
- Chest pain or pressure lasting more than 5 minutes
- Feeling confused, very dizzy, or about to faint
- Coughing up pink or frothy sputum

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