

# How successful are we recording daily weights on patients on IV diuretic treatment for acute heart failure?

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**AIM** To determine how successfully daily weights are recorded on Ward 23 in VHK on patients receiving IV diuretic treatment for acute heart failure.

## Introduction

- Acute heart failure is one of the leading causes of hospital admission.
- It is a syndrome characterized by a group of signs and symptoms including dyspnoea, leg swelling and orthopnea [1].
- The main pillar of treatment for acute failure is IV diuretics.
- NICE guidance suggests the close monitoring of weight during diuretic treatment [2].
- Weight is an important measure of fluid-balance and in turn, diuretic response of a patient.
- Daily weights are not always recorded consistently in a busy ward setting.

## Method

- We performed a retrospective analysis of patients whom were admitted to and received IV diuretics on the cardiology ward between 13th February 2023 to the 31st March 2023.
- This included a total of 34 patients, who were then required to fit inclusion criteria.
- Using notes and drug charts we recorded the number of daily weights taken for each patient.
- This was then compared against their length of treatment and duration of their hospital admission.
- Other data was also recorded, including the prescription of 'daily weights' compared to the documentation of daily weights.

## Results



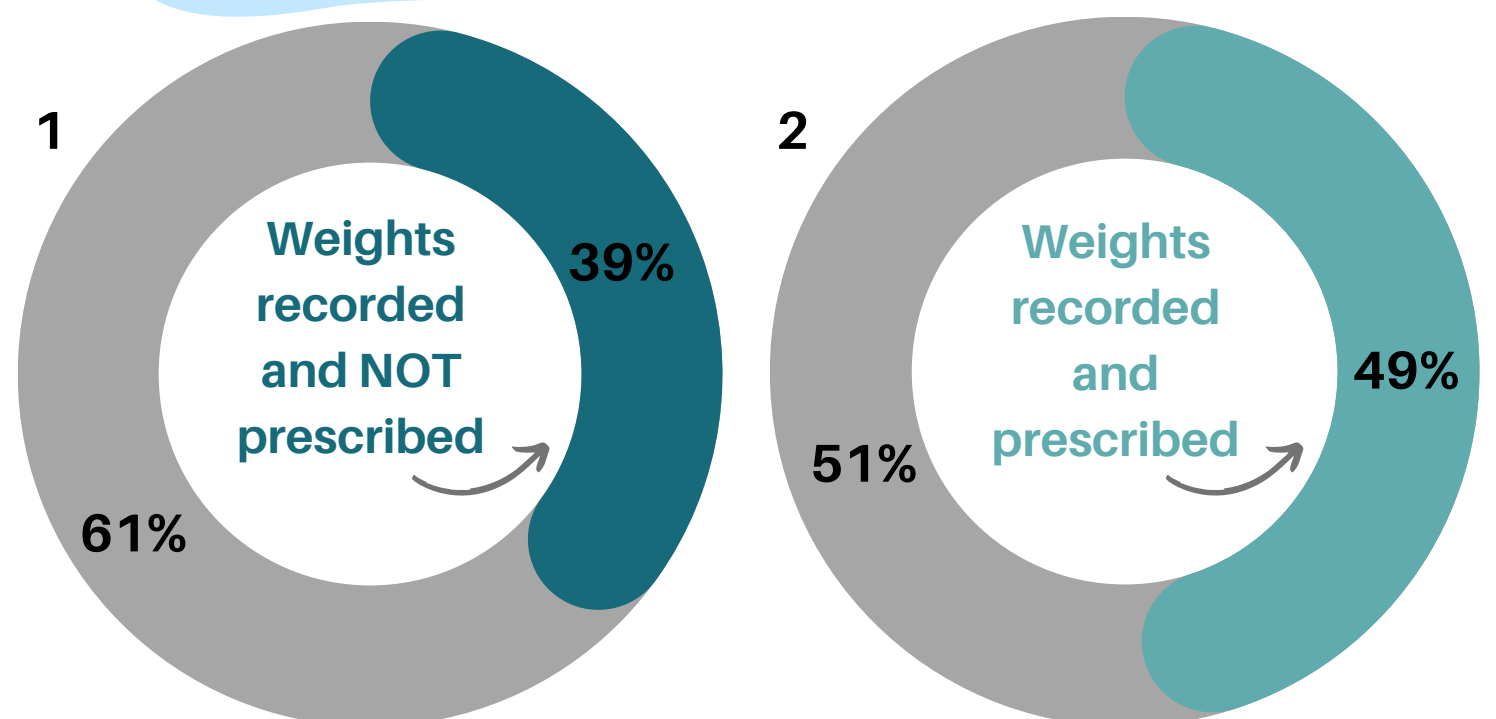
27 patients included



20 had weights prescribed



3 had weights everyday



Percentage daily weights were recorded on total admission days when not prescribed (39% - Figure 1) compared to when prescribed (49% - Figure 2).

- 27 patients fit criteria and were included in the audit
- On average, patients had daily weights recorded on average on 39% of their total admission days (Figure 1).
- Only three patients had weights recorded everyday whilst on IV diuretics.
- 74% of patients had weights prescribed. When weights were prescribed, they were recorded on average on 49% of admission days (Figure 2).
- Only two patients had admissions weights when arriving on the ward.
- No patients had dry weights recorded on their discharge letters.

1. Kurmani, S. and Squire, I. (2017) 'Acute heart failure: Definition, classification and Epidemiology', Current Heart Failure Reports, 14(5), pp. 385-392. doi:10.1007/s11897-017-0351-y.  
2. Recommendations: Acute Heart Failure: Diagnosis and management: Guidance (no date) NICE.

## Conclusion

- On high acuity wards, daily weights are not always a priority.
- The findings from this audit suggest inconsistent measurement of daily weights on patients on IV diuretic treatment, however this improves when weights are prescribed
- These findings will now form the basis of a quality improvement project on the ward including education around daily weights and their importance.