

HeartMate 3 (HM3) LVAD

Caregiver Discharge Readiness Checklist — 2-Page

Purpose: This checklist confirms that the **caregiver** is ready to safely support a HeartMate 3 patient at home after discharge.

1. Pump & Patient Stability (Know What “Normal” Is)

- Understand patient’s **baseline HM3 numbers** (flow, power, PI)
 - Know the patient’s **target MAP range** (usually 70–85 mmHg)
 - Recognize signs of low flow or volume problems (dizziness, fatigue, alarms)
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2. HM3 Equipment Mastery (Critical)

Caregiver can demonstrate **without help**:

- Controller operation
 - Battery changes (seated **and standing**)
 - Switching between batteries and wall power
 - Recognizing alarms (low flow, power, controller fault)
 - Correct response to each alarm
 - Explaining **what to do if the pump stops**
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3. Driveline & Infection Prevention

- Perform sterile driveline dressing change independently
 - Secure driveline to prevent tugging or twisting
 - Identify signs of infection (redness, drainage, fever, pain)
 - Know when to call the LVAD team immediately
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4. Stroke & Bleeding Awareness

- Recognize stroke warning signs (FAST)
 - Know bleeding red flags (nosebleeds, dark stools, blood in urine, confusion)
 - Understand importance of **blood pressure control**
 - Know anticoagulation goals and why they matter
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5. Medication & Anticoagulation Support

- Understand warfarin purpose and INR targets
 - Able to help manage complex medication schedule
 - Know which medications must **never be missed**
 - Understand bleeding precautions
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6. Daily Living & Safety

- Assist with mobility while protecting sternum
 - Help manage LVAD equipment during walking, bathing, and sleep
 - Ensure batteries and backup equipment are always available
 - Maintain safe environment (no tripping hazards, pets, loose cords)
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7. Emergency Preparedness

- Emergency contact numbers saved and visible
 - Power- outage plan in place
 - Knows when to call **LVAD team vs 911**
 - Can clearly explain HM3 to EMS if needed
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8. Caregiver Readiness Check

- Comfortable being primary support person
 - Able to respond calmly under stress
 - Has backup caregiver identified (if required)
 - Understands caregiver role is **essential to discharge**
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Bottom Line for Caregivers

You are considered ready when you can: - **Run the pump** - **Protect the driveline** - **Recognize emergencies early** - **Act confidently without hesitation**

When in doubt — call the LVAD team. Early calls prevent emergencies.

LVAD Team 24/7 Number: _____

Patient Baseline HM3 Numbers: _____

Target MAP: _____