Population

Sample
\( n = 74 \)

- Clinical assessment
- Clinical congestion score
- BNP

Day 1 (within 36 hours of admission)

R

Intervention
\( n = 37 \)

Control
\( n = 37 \)

Dietary modification

- Weight
- Sodium and fluid intake
- Medication doses
- Aldosterone, renin, standard blood tests

Participants consent

Day 2–6

- Clinical congestion score
- Weight
- Sodium and fluid intake
- Medication doses

Day 7 or hospital discharge

- Clinical congestion score
- Weight
- Sodium and fluid intake
- Medication doses
- BNP, aldosterone, renin

Day 30 (30 days after discharge)

- Clinical congestion score
- Weight
- Medication doses
- BNP, aldosterone, renin, std. blood tests
- Readmission and mortality rates

DATA ANALYSIS