

Salem Health Case Management & Resource Fair Tuesday August 27, 2013

CEU–Congestive Heart Failure (CHF or HF)

CHF- Cardiac Insufficiency

When the heart is incapable of acting as an effective pump of blood, & no longer able to sustain the body's metabolic needs. A neuro-hormonal problem where heart failure progresses as a result of chronic release of substances such as catecholamines (epinephrine & norepinephrine).

CHF or HF Common Causes

Develops after an MI, prolonged hypertension, diabetes mellitus, valvular or inflammatory heart disease.

Associated Factors

Infection, stress, hyperthyroidism, anemia, & fluid replacement therapy.

Signs & Symptoms

Decreased Cardiac Output

Fatigue, Angina pain, Anxiety, Oliguria, Decreased Gastro, Pale cool skin, Weight gain, & Restlessness.

Left Ventricular Failure

Dyspnea, PND, Cough, Frothy blood-tinged sputum, Orthopnea, Inspiratory pulmonary crackles, & Positive chest radiograph.

Right Ventricular Failure

Distended jugular veins, Anorexia, Nausea, Abdominal distention, Enlarged liver w/pain, Edema progressing from legs to lower trunk.

Common Treatments

Medications-see right

Surgery- Heart valve repair or replacement, Coronary bypass, Heart transplant, Myectomy.

Medical Devices- VAD, CRT (pacemaker), ICD(defibrillator)

Lifestyle Changes- cease alcohol, smoking, & caffeine; low sodium intake, increase activity, reducing weight & stress.

PROTECT YOUR HEART

Heart Disease Facts and Tips for Prevention



Nursing Diagnosis

Decreased Cardiac Output, Ineffective breathing, Impaired gas exchange, Altered tissue perfusion, Altered fluid balance, Fatigue, Anxiety, Risk of Impaired skin integrity, Risk of ineffective therapeutic regimen.

Nursing Interventions

Monitor I & O, Constipation, Weigh Daily.

Monitor Respirations, heart & lung sounds, Vitals q.4.h, Palpate Pedal pulses/Capillary Refill q.8.h. & S02 q.4.h.

Maintain Semi to High-Fowlers position.

Maintain Bed rest & Stress free environment.

Maintain adequate nutrition, conserve energy by assisting w/ADL's

Administer prescribed O2, medications, Patient & Family Teaching

Patient Goals/Expected Outcomes

Decreased dyspnea, 91% S02, Decreased adventitious lung sounds, Acceptable VS, Decreased Edema & Weight loss, Decreased anxiety, Undisturbed sleep.

Common Medications To treat underlying conditions;

ACE Inhibitors- Relax blood vessels, Reduce BP & heart's workload.

(ie; lisinopril,enalapril, captopril)

ARBs- Similar to ACE inhibitors.

(ie; losartan, valsartan)

Digoxin- Improves heart muscle contractions to slow HR. (Lanoxin)

Beta Blockers- Slow HR, Lower BP, Reduce arrhythmia's.

(ie; bisoprolol, carvedilol, metoprolol)

Diuretics- Increase urination(ie Lasix,Bumex)

Matters of Your Heart

