

Heart Failure Thinking Exercise

An 80-year-old female patient was admitted to a telemetry unit with an exacerbation of heart failure. She has a medical history of osteoarthritis, chronic renal insufficiency, and coronary artery disease including a myocardial infarction and coronary artery bypass surgery 22 years ago. The patient was discharged 2 weeks ago and is with her daughter for her follow-up primary health care provider visit.

For each assessment finding, use an X to indicate whether the interventions were Effective (helped to meet expected outcomes), Ineffective (did not help to meet expected outcomes), or Unrelated (not related to the expected outcomes) for the patient's care at this time.

Nursing Action	Effective	Ineffective	Unrelated
States she has had no shortness of breath since hospital discharge	X		
Has 2+ pitting edema in both ankles and feet		X	
Blood pressure = 134/76 mmHg	X		
Has had no chest pain since hospital discharge	X		
Reports feeling like she has more energy now when compared with before her hospital stay	X		
Has new-onset fungal skin infection			X

Rationales: The patient was admitted to the hospital with fluid overload, dyspnea, and fatigue, which are all common symptoms of heart failure. Now she reports that she has no shortness of breath and has more energy. Therefore, the interventions worked to manage her disease. Her blood pressure is likely within usual parameters for her advanced age and she has not chest pain, indicating successful management of Her health. However, she continues to have some fluid overload as evidenced by ankle and foot edema. Having a fungal shin infection is not related to the client's current or previous medical diagnoses.