

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: Please put your rationales here.

The medications used during hospital stay and other interventions like fluid restriction has been effective to help patient breathe better and eliminate chest pain. It means the patient has enough oxygen perfusing her vital organs. The pitting edema noticed on both ankles and feet indicates interventions are not yet effective to reduce fluids from patient. More interventions or drugs should be implemented for this purpose. Fungal skin infection is totally unrelated to the medical diagnosis of this patient, it should be treated and taken care of.