

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.

1. Deep breathing exercises & oxygen therapy improved her breathing
2. Blood is pooling in dependently, not an expected outcome
3. Within range in pts who experience HF
4. Pain is controlled
5. Increased energy is a positive outcome
6. Not related for the patient's care at this time