

Sara Lopez

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.

- No shortness of breath since discharge: shows no sign of respiratory failure
- Pitting edema of 2+: Although the blood pressure is elevated, considering the patient's age and past medical history of CHD, CAD, and MI her blood pressure is a good blood pressure.
- No chest pain since discharge: Shows no signs of distress or heart complications at the moment.
- More energy: shows her body isn't working as hard therefore the patient is less fatigued, which shows improvement
- New onset of fungal skin infection: this is a new concern but is not related to her past hospital stay.

