

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 with exacerbation of heart failure. Symptoms are fluid overload, shortness of breath and weak. The nursing actions above showed that she her symptoms have been managed such as not having shortness of breath. The only symptom that does not show effectiveness is the pitting edema in the ankles and feet. Generalized edema is common in heart failure which shows that the patient has fluid overload. The fungal skin infection is not related to the heart failure.