

Firelands Regional Medical Center School of Nursing
AMSN 2023
Unit 6: Heart Failure online assignment (1.5H)

Directions:

- Read Lewis Chapter 34, review ATI Pharmacology Made Easy 4.0: Cardiovascular Module: Drug Therapy for Heart Failure, and review the Unit 6 Pharmacology List.
- Utilizing the resources above, complete the case study. There will be many items for each question.
- Utilizing the Pharmacology List and ATI/Skyscape, complete three ATI Medication Templates from the Pharmacology List.
- This assignment is due in the Unit 6: HF assignment drop box by March 13, 2023 at 0800.
- Be prepared to discuss this assignment in class.
- You must complete the assignment in full to receive the 1.5H theory credit.

Assignment Objectives:

- Determine overall goals in the treatment of heart failure.

CASE STUDY:

Frannie Failure, a patient on 4P, calls the nurse and states, "I feel really puffy. My rings feel so tight on my fingers and I am having trouble catching my breath." The patient is lying flat in the bed and is alert and oriented x 3. NS @ 125mL/HR running.

Assessment:

- Vital Signs: T 97.9 oral, HR 120, RR 24, SpO2 86% RA, BP 152/94, pain 0/10.
- Respiratory: Lung sounds- crackles throughout bilaterally, non-productive cough.
- Cardiac: Heart sounds- S3, pedal pulses not palpable, 3+ pitting edema bilateral feet and ankles.
- Skin intact, pale and cool.
- Gastrointestinal: Bowel sounds x4 WNL, BM yesterday morning.
- Intake/Output: Patient has had 900ml in and 200ml out.

- 1. What additional information would you want to know?** I would want to know if the patient is experiencing any palpitations or chest pain. I would also want to know if the patient was experiencing any more changes in urine output. I would want to know if she was developing nocturia. I would want to know if the patient had any mottling in the skin. I would want to know if she is dizzy or lightheaded. I would want to know if she's having any trouble sleeping or confusion, forgetfulness. I would want to know of any weight changes.
- 2. What assessment/ interventions would be appropriate for this patient?** I would reassess the patient's vital signs/ head to toe assessment to get more information. I would do a pain

assessment. I would sit the patient up to see if the change in position would increase oxygenation. If it did not I would hook the patient up to a nasal cannula. I would encourage the patient to cough and deep breathe. I would also discontinue the fluids. I would get a 12 lead ekg if the patient was experiencing chest pain or palpitations.

3. **What would you anticipate the healthcare provider to order?** I would anticipate the physician would order a loop diuretic, or thiazide diuretic. I would expect a fluid restriction, a sodium restriction. I would anticipate the IV fluids would be discontinued. I would anticipate CNP, liver function, CBC, lipid profile to be ordered. I would also expect a 12 lead EKG to be ordered and a chest x ray.
4. **What medications would be appropriate for this patient (include all pertinent from the Pharmacology List) ? Doses? Nursing Interventions? You will pick three of these medications to complete the ATI Medication Templates.**

SEE MEDICATION TEMPLATE ATTACHMENTS

1. First medication I chose was furosemide. The dosage of this would be PO 20-80 mg/day for a single dose. It may be repeated every 6-8 hours. Dose may be increased by 20-40 mg every 6-8 hours until the wanted response is reached. Maintenance doses may be given once or twice daily. In IM 20-40 mg may be repeated every 1-2 hours. Maintenance doses given every 6-12 hours.

Interventions include assessing fluid status and monitor weights. Monitoring BP and pulse before and during administration. Assess the patient for tinnitus and hearing loss. Monitor serum electrolyte levels. Monitor the signs of electrolyte imbalances. Monitor uric acid levels and monitor for hypokalemia since this medication gets rid of potassium.

2. The second medication I chose is spironolactone. The dosage is 25 mg daily which can be increased to 50 mg tablets.

Interventions include Monitor serum potassium levels Monitor for cardiac dysrhythmias May be combined with thiazides or loop diuretics to help prevent loss of potassium. Monitor for endocrine adverse reactions

3. The third medication I chose is dobutamine. Dosage is dependent on the patient's weight, vital signs, urinary output, cardiac output, vital signs. It is given via IV.

Interventions include monitoring vital signs, ECG, cardiac output, and for any changes in rhythms. Palpate pulses and appearance of extremities. Prepare to treat dysrhythmias, and discontinue the drug if need be.

See ATI medication Templates

5. **What patient education would you include?**

I would educate the patient on sodium restriction diet. I would educate on foods to include and not. I would teach of ways to flavor foods without salt. I would educate on fluid restriction if the patient is in severe heart failure. I would educate the patient on weighing themselves at the same time each day, wearing the same clothes and using the same scale. I would also educate on the importance of taking medications at the same time each day and as prescribed.

