

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 like to know the patient ejection fraction. If the patient is on oxygen. Why the patient is given IV fluids when they seem to be in fluid overload.

2. What assessment/ interventions would be appropriate for this patient?

- I would assess the patient's breath sounds and make sure the patient was on oxygen to keep them. I would review the patient's medication and over-the-counter medications. I would want to review the patient's dietary habits to identify issues Related to an exacerbation.

3. What would you anticipate the healthcare provider to order?

- I would anticipate the healthcare provider a fluid restriction and a set sodium diet. I would anticipate a diuretic to be given the CHF patient. Since the patient is tachycardic, I would

expect a calcium channel blocker or a beta blocker to lower the blood pressure and heart rate. Maybe an activity regimen too. This would help with cardiac rehabilitation.

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.

- I would say that Beta Blockers: metoprolol succinate, carvedilol, bisoprolol, Ace Inhibitors: captopril, lisinopril, enalapril. ARBs: losartan, valsartan would be given to lower blood pressure and high heart rate. Then I would give a diuretic like furosemide to blow fluid off the patient. ATI medication tablets will be attached with the doses and nursing interventions in dropbox.

5. What patient education would you include?

- I would talk about sodium/salt restriction and fluid restriction, if patient is in fluid overload. I would also talk about cardiac rehabilitation. Teach after exertion, plan a rest period. Avoid emotional upsets. Consider working shorter hours or schedule rest period during working hours. Take drug as prescribed. Check pulse and blood pressure at determined intervals Know you INR and target range if taking warfarin and how often to have blood checked.