

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's history. I would like to know if the patient is allergic to anything. I would like to know if there is an underlying cause. I would like to know how long the patient has been lying flat, and if they have had a lot of fluids today. I would like to look at intake and output and see what their daily weight is. Also, I would like to know how they have been sleeping and if they feel cool or warm.

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

Assessments/interventions that would be appropriate for this patient are History and physical examination, CBC, liver function tests, kidney functions tests, urinalysis, lipid profiles, BNP, CXR, continuous 12-lead ECG, echocardiogram, drug therapy, daily weights, sodium/ fluid restrictions, VS q1h, high fowlers position, hemodynamic monitoring, rest-activity periods, and O2 therapy.

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

I would anticipate the healthcare provider to order labs such as the CBC, BNP, Liver function tests, Kidney function tests, lipid profiles, nuclear imaging studies, an echocardiogram, anticoagulants, beta blockers, diuretics, milrinone, angiotensin receptor inhibitors, and digoxin. Also, maybe a sleep study, a stress tests and a cardiac catheterization.

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 appropriate medications would be an Ace inhibitor such as lisinopril PO 5mg once daily, an ARB such as valsartan PO 80mg once daily, furosemide 0.1mg/kg/hr daily, double every 2 hours up to maximum of 0.4mg/kg/hr daily, spironolactone 25mg-200mg/day in single or 2 divided doses, a beta blocker such as carvedilol 6.25mg twice daily and diltiazem 0.25mg/kg. Nursing interventions are to monitor daily weights, I+O, BP, VS, ECG, S/S electrolyte imbalances, for tinnitus/vertigo, for toxicity, for dysrhythmias, and overall status of patient.

5. What patient education would you include?

I would educate the patient on nutritional therapy especially on sodium and how is important to follow the sodium restriction and follow the recommended diet. I would educate the patient on the importance of taking daily weights in the morning using the same scale and similar clothes. I would educate the patient on getting good night's sleep resting after activity. I would educate the patient on avoiding extreme heat and cold. I would educate the patient on knowing the signs and symptoms of worsening HF. Also, I would educate the patient on obtaining the pneumococcal vaccine and annual influenza vaccine. Lastly, I would educate the patient on taking each drug as prescribed and knowing the signs and symptoms of orthostatic hypotension and internal bleeding.