

Firelands Regional Medical Center School of Nursing
AMSN 2024
Unit 6: Heart Failure online assignment (1.5H)

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. Normal saline 0.9% @ 125mL/HR is 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 over the last 8 hours.

1. What additional information would you want/need to know?

I would want to know the patient's health history, what medications she is currently taking, all of the symptoms she is having, what led up to the start of symptoms, nutritional intake, daily activities, and any difficulties involving sleep.

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

Assess history, medications, symptoms, VS, determine underlying cause, and diet. Identify risk factors, administer medications, daily weights, administer oxygen.

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

I would anticipate the provider to order serum chemistries, cardiac biomarkers, CBC, kidney function tests, x-ray, ECG, echocardiogram, cardiac cath, and nuclear imaging studies.

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.

Furosemide, Nitroglycerine, Nesiritide, Milrinone, Dobutamine, Dopamine, and Morphine may be used to help treat this patient. I decided to choose furosemide, nitroglycerin, and milrinone for the 3 medication active learning templates. They will be attached in another attachment in the same drop box.

5. What patient education would you include?

Education on diet including sodium restriction, daily weights, and eating small frequent meals. The importance of increasing daily physical activity. How to monitor for worsening symptoms of HF and signs and symptoms to report to the health care provider. Importance of rest after activity. And education on drug therapy such as what each medication does, how it works, what to watch for, and common signs and symptoms.

