

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

Directions:

- Read Lewis Chapter 38, 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 11, 2024 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. 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 patients history and any past medical diagnoses. I would like to know how their lifestyle is; if they use tobacco, if they have an active or sedentary lifestyle, if they have any other co-morbidities. I would ask how long symptoms have occurred.

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

I would expect the patient to receive an echocardiogram, lab tests to examine electrolytes along with BNP, monitor weight, also a GU assessment to examine the retention further.

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

I would expect the healthcare provider to order strict I's and o's and possibly a fluid restriction, a heart healthy diet, use of a diuretic to help retention.

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 expect an anticoagulant to be used if the patients ejection fraction is <20%. I also could expect a B-adrenergic Blocker, diuretic, morphine, ACE Inhibitor, Angiotensin II Receptor blocker, and possibly a vasodilator.

5. What patient education would you include?

I would educate the patient on reducing their sodium, with an increased sodium it can worsen heart failure. I would also give them a list of symptoms to report to health care professional/ go to emergency room if they experience. I would inform them that it is important to monitor weights daily and report an increase >2lbs. When exercising it is important to create long rest periods and to stop if they become dizzy, blood pressure drops, or any chest pain occurs. This chronic condition can cause a lot of emotional distress and it is important to have support.