

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?**

- a. Patient history? Does she have a history of CHF, how long has this been going on, when did the swelling start, when did the SOB begin, is it relieved when the patient is sitting up, is she normally on oxygen at home, has she noticed a recent weight gain?
- 2. What assessment/ interventions would be appropriate for this patient?**
  - a. Stop IV fluids, because the patient is in fluid overload.
  - b. Set the patient up in bed, put the patient on oxygen, possibly even Bipap.
  - c. Tell the charge nurse and call the physician.
  - d. Remove the rings from the patient and place safely in a container to avoid the rings becoming stuck and cutting off circulation from the patient's fingers. (Worse case scenario has the rings cut off.)
  - e. Patients would benefit from diuretics to help remove the fluid because the patient is in fluid overload.
- 3. What would you anticipate the healthcare provider to order?**
  - a. I would anticipate the physician to order IV Diuretic to help with the fluid retention.
  - b. I would also anticipate the physician to change the diet to low sodium and give the patient a fluid restriction.
  - c. Also blood work and watch the potassium levels.
- 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.**
  - a. Diuretics:
    - i. Loop
      1. Furosemide (Lasix)
        - a. No faster than 20mg/min
    - ii. Potassium sparing
      1. Spironolactone
        - a. used to treat edema caused by heart failure, and used when Hydrochlorothiazide is contraindicated due to loss of potassium.
        - b. AKA "Potassium sparing diuretic"
    - iii. Thiazide diuretics
      1. Hydrochlorothiazide
        - a. used to treat heart failure
  - b. Inotropic
    - i. Digoxin
      1. helps increase cardiac contractility and improves cardiac output, but is contraindicated in patients with dysrhythmias.
    - ii. Dobutamine
      1. Improves cardiac output in severe heart failure, but is used short term via IV
    - iii. Milrinone
      1. Improves cardiac output in severe heart failure, but is used for short and long term therapy.

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

- a. Lifestyle modifications
  - i. Stick to an exercise regimen, at least 30 mins most days of the week of moderate activity such as brisk walking.
  - ii. Dietary changes such as a low sodium diet and fluid restriction. Healthier eating choices, more fruits and veggies.
- b. Smoking Cessation
- c. Medication compliance
- d. Assess for weight gain and notify the doctor if you notice swelling and/or weight gain occurring.