

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. I would want to know if a EKG was done and what that looks like. I would want to know what medications the patient is on and why the fluids are going. I would want to also know the weight prior to admission to know how much the patient is retaining.

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

- a. I would raise the head of the bed to help with the shortness of breathe. I would perform an EKG if it was not done already. I would stop the fluids running. I would call the doctor to let them know my findings and request a diuretic to be given to the patient.

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

- a. I would anticipate strict I's and O's, telemetry, diuretics, chest x-ray, stop fluids, and blood work to depending on the diuretic ordered.
- 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. Spironolactone is a loop diuretic that is potassium sparing. This would be given if the patient has a potassium in normal range or low potassium to spare it.
 - b. Nesiritide is a medication that is used to help with dyspnea at rest in patient's who have congestive heart failure. This medication would be appropriate due to the patient having shortness of breath with no exertion.
 - c. If the patient is taking medication such as digoxin or a diuretic Milrinone can be prescribed if these are not working for the patient. Milrinone is used as a short term treatment for HF that is unresponsive to other medications. Titrate based on pts weight
 - d. Metoprolol can be given to decrease HR and BP.
 - e. Hydrochlorothiazide is also a possible diuretic that the pt can be prescribed. This diuretic will help with the edema and the slight hypertension she seems to have. We would want to know sodium, potassium, calcium, and magnesium levels because it increases sodium and decreases all the other electrolytes because it excretes them.
 - f. Furosemide is another diuretic that could be prescribed to the patient.
 - g. Digoxin can be prescribed to patient to help improve the strength and efficiency of the heart or to con troll the rate and rhythm of the heart beating. Digoxin can help with reducing swelling pf the hands and ankles in pts with heart failure.
- 5. What patient education would you include?**
- I would educate patient on medication adherence. I would tell them side effects of medication, what to notify us or the doctor about and when to take the medications. I would educate the patient on how to take daily weights and how important it is to do so.