

Firelands Regional Medical Center School of Nursing
AMSN 2025
Unit 6: Heart Failure online assignment (1.5H)

Directions:

- Read Lewis Chapter 38, review ATI Pharmacology Made Easy 5.0: 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 (see below for further details).
- This assignment is due in the Unit 6: HF assignment drop box by March 10, 2025 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?

- Recent Medical History
- Current Medications
- Weight changes
- Fluid Balance: Input and Output
- Labs including Creatinine, BUN, Sodium, Potassium, BNP.
- Any recent changes that could be contributing to her symptoms?
- Any diagnostics?

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

- Assessment: Monitor Oxygen saturation, assess for worsening edema, monitor lung sounds, assess heart rate and rhythm, monitor urine output.
 - Interventions: Elevate the HOB, administer diuretics as prescribed, Increase IV flow rate as needed if hypovolemia, administer o2, Monitor Vital signs frequently, evaluate renal function, Notify HCP if patient has worsening symptoms.
- 3. What would you anticipate the healthcare provider to order?**
- Diuretics to manage fluid overload, Oxygen therapy if her spo2 remains low, Electrolyte monitoring (potassium and sodium), Chest x-ray to assess for pulmonary edema, ECG to assess for any arrhythmias, BNP level to evaluate heart failure, Renal Function tests to assess for any kidney involvement and fluid restrictions.
- 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: 20-80 mg/day as a single dose initially, may repeat in 6-8hr. Monitor serum electrolytes, monitor urine output, assess for signs of dehydration, hypotension, report any dizziness or lightheadedness while taking the medication.
 - Nitroglycerin: SL 0.3-0.6 mg, PO 2.5-9 mg every 8-12 hr., IV 5mcg/min, titrated. Monitor blood pressure, assess for headache or dizziness, use cautiously in patients with low blood pressure.
 - Hydrochlorothiazide: PO 12.5-100 mg/day in 1-2 doses. Monitor BP, Intake and Output, daily weight, edema, monitor electrolytes, administer in the morning to prevent sleep disruption, may give with food to minimize GI irritation, change positions slowly, use sunscreen and protective clothing to prevent photosensitivity reactions.
- 5. What patient education would you include?**
- Education related to the importance of using oxygen as prescribed to maintain oxygen levels.
 - Importance of fluid balance and potential need to fluid restriction to prevent further edema.
 - Medication compliance including teaching about the purpose of diuretics
 - Importance of maintaining regular follow-ups
 - Dietary recommendations for example a low-sodium diet to reduce fluid retention.
 - Symptom monitoring for signs of worsening heart failure.