

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?**
  - a. Have you felt fatigued more than usual recently
  - b. Have you felt palpitations in your chest?
  - c. Have you had any skin changes recently
  - d. Have you had any weight changes recently
  - e. Do you have any significant past medical history like CAD, HTN, hyperthyroidism, or valve disorders
  - f. Do you have any comorbidities like diabetes, tobacco usage, or vascular disease
  - g. Is there any history of heart disease in your family
- 2. What assessment/ interventions would be appropriate for this patient?**

- a. Stop the fluids
  - b. Strict intake and outputs
  - c. Sit the patient up
  - d. Apply supplemental O2 temporarily
  - e. Obtain any labs ordered by physician
- 3. What would you anticipate the healthcare provider to order?**
- a. Heart healthy diet
  - b. An echocardiogram
  - c. Chest xray
  - d. 12 lead ECG
  - e. Diuretic
  - f. Vasodilator
  - g. Cardiac biomarker labs
- 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. Ace inhibitor like captopril
    - i. PO 25 mg 3 times a day
    - ii. Mon. BP and pulse frequently
    - iii. Mon. weight for fluid overload
    - iv. Mon. renal function
  - b. ARB like losartan
    - i. PO 50 mg once daily
    - ii. Assess BP
    - iii. Mon. renal function
  - c. Digoxin
    - i. Loading dose PO 0.75-1.5 mg
    - ii. Mon, pulse
    - iii. Mon. I and O
    - iv. Mon. serum values for therapeutic levels
  - d. Valsartan
    - i. PO 40 mg twice daily
    - ii. Assess BP
    - iii. Mon. daily weights
    - iv. Mon. renal function
  - e. Furosemide
    - i. PO 20-80 mg/day
    - ii. Strict I and O
    - iii. Mon vitals
    - iv. Mon. labs closely
  - f. Spironolactone
    - i. PO 25 mg daily

- ii. Strict I and O
- iii. Periodic ECG
- iv. Mon. labs closely

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

- a. Strict diet plan like sodium restrictions, small frequent meals, and weigh yourself at the same time each day
- b. Increase in exercise like walking or cardiac rehab, avoid temperature extremes
- c. Know the signs and symptoms of worsening heart failure. Report any changes to HCP. Compliance with your regimen.
- d. Obtain yearly vaccines and reduce risk factors
- e. Plan regular daily rests after exercise or ADLs. Avoid emotional upsets
- f. Adhere to drug therapy and follow all guidelines