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**?
   Past medical history of the patient, when these symptoms occurred, home medications, family history, allergies, is she on a fluid restriction? I would also like to see recent labs for this patient.
2. **What assessment/ interventions would be appropriate for this patient?**
   Sit the patient up, strict Is/Os, fluid restriction, D/C the normal saline, and give the patient Lasix, Doppler for pedal pulses, 2L NC if oxygen is below 93%
3. **What would you anticipate the healthcare provider to order?**
   I would anticipate the healthcare provider to order furosemide, 2L NC, strict I/O, fluid restriction, order for an echo, BNP, N-terminal of BNP, daily weights and stop the Normal saline infusion.

4. **What medications would be appropriate for this patient (include all pertinent from the Pharmacology List) ? Doses? Nursing Interventions? <u>You will pick three of these medications to complete the ATI Medication Templates.</u>**

   I would expect this patient to be prescribed furosemide through the IV. It is important to monitor the patient's electrolytes, blood pressure, and blood glucose. Ensure the patient is not experiencing ototoxicity. Hydrochlorothiazide could be given to help with the fluid overload. It is important to monitor the patient's electrolytes and blood pressure with this also. Sacubitril might be given also this patient has high blood pressure currently and depending on the patients past medical history she may need to be on medications to help with her blood pressure and heart problems. The patients' blood pressure needs to be taken, and labs should be drawn while in the hospital. ACE inhibitors may be prescribed to help lower the patient's blood pressure. The blood pressure needs to be taken before giving this medication to the patient. Beta blockers may be given to also decrease the blood pressure, but they will have to ensure the patients' blood pressure is within the parameters before giving the medications. The diuretics will help decrease the edema the patient is experiencing and help correct any electrolyte imbalances the patient is experiencing.

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

   The patient should take the medications as they are prescribed, daily weight checks in the morning before eating and wear similar clothes during, if there is a three-pound difference in two days call your healthcare provider, continue heart healthy diet 2 grams of sodium, monitor your intake and output if able to, if you notice edema call your healthcare provider.