

Firelands Regional Medical Center School of Nursing
AMSN 2026
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 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 9, 2026 at 0800.
- Be prepared to discuss this assignment in class.

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?

- Does the patient have history of MI and HTN? What is her weight on admission compared to now? Is she fatigued more than usual? How many pillows are being used to sleep? We need labs: cardiac biomarkers, BNP, LFT, CBC, kidney function tests, urinalysis

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

- Respiratory and cardiovascular assessments. Intervention includes give oxygen, raise HOB, stop or slow the NS infusion.

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

- Strict I/O, daily weights, diuretics, CXR, ABGs, sodium and possibly fluid restricted diet, VS and UOP hourly until stable, continuous ecg and pulse ox monitoring.

4. What medications would be appropriate for this patient (include all pertinent from the Unit 6 Pharmacology List)? What doses? Nursing Interventions?

- **Furosemide**
 - o 20-80mg/day as a single dose initially. May increase dose by 20-40mg every 6-8 hours until desired response.
 - o Assess fluid status, i/o, amount and location of edema, lung sounds, skin turgor, monitor BP and pulse before and during administration, assess fall risk for falls in older adults and implement fall prevention strategies. Assess for tinnitus or hearing loss, dc Lasix at first sight or rash. Last dose no later than 5pm, may be taken with food.
- vasodilator (nitroglycerin)
 - o PO 2.5-9mg every 8-12hrs.
 - o Administer dose 1hr before or 2hr after meals with a full glass of water. DNC.
 - o Assess BP and pulse before and after administration
- Metoprolol
 - o 12.5-25mg once daily, can be doubled every 2 weeks up to 200mg/day.
 - o Monitor BP, ecg, and pulse during dose adjustment and periodically during therapy. Monitor i/o, daily weights, assess for s/s of HF, take apical pulse before administering. If <50bpm, withhold. Administer with meals, or directly after.
- **Spironolactone**
 - o Tablets-25mg once a day. Suspension- 20mg once daily.
 - o Monitor i/o, daily weight, assess for hyperkalemia, assess for skin rash. Administer AM administer with food.
- **Captopril**
 - o 25mg 3x daily
 - o Nursing intervention: monitor BP, weight, and assess patient for resolution of fluid overload, and signs of angioedema. Administer 1hr before meals or 2hrs after meals.
- Valsartan
 - o 40mg twice daily, may be titrated up to target dose of 160mg twice daily, as tolerated
 - o Assess BP, signs of angioedema, daily weights, fluid overload, monitor renal function, volume depletion should be corrected before initiation of therapy.

You will pick three of these medications to complete the ATI Medication Templates.

5. What patient education would you provide to Frannie Failure?

- Eat small frequent meals, weigh yourself same time each day in the morning, using the same scale and similar clothes, obtain annual flu vaccine, plan a regular daily rest and activity program, consider joining a local support group, count HR before taking drugs, read labels to assess sodium content and avoid adding salt to foods. Avoid extremes of heat and cold.

- Report at once any of these to the HCP: weight gain of 3lb in two days or 3-5lb in a week. Fatigue, weakness, waking up breathless at night, fainting, nausea with abdominal swelling.