

Disease: Congestive Heart Failure

Pertinent Common Signs and Symptoms

- SOB
- fatigue
- swollen legs
- rapid heartbeat (tachycardia)
- chest pain
- dry cough or w/ phlegm
- dizziness
- loss of appetite
- inability to exercise
- palpitations
- weight gain
- tachypnea

Pertinent Physical Exam Findings/Risk Factors

- swelling
- wt gain
- intolerance w/ activity
- age
- (gender/sex)
- tobacco use
- obesity
- diabetes
- family hx
- ↓ BP or ↓ cholesterol
- alcohol use

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Pertinent Nursing Interventions

- limit fluid intake
- pt education of less salt in diet, quit smoking
- daily AM weights
- monitor intake/output
- assess for edema
- controlling conditions (diabetes)

Disease and Brief pathophysiology

• clinical syndrome characterized by signs + symptoms of fluid overload or inadequate tissue perfusion, result when the \heartsuit cannot generate cardiac output sufficient to meet the body's demands for oxygen and nutrients

• fluid overload condition (congestion) associated w/ \heartsuit failure.

Client Education/Health Promotion

- eat less salt
- limit fluid intake
- take medications as prescribed
- consult physician about OTC + herbal supplements
- cessation of smoking
- weight loss / exercise
- control of conditions (diabetes)

Labs

- CBC
- BUN/creatinine
- BNP
- chest xray
- CT + MRI
- stress test

Diagnostic Procedures

- defibrillator or pacemaker
- ECG or EKG
- echocardiogram
- cardiac catheterization
- coronary angiogram

Pertinent Medications

- diuretic
- beta blockers
- ACE inhibitors
- antihypertensive drug
- BP support + vasodilator

Potential Problems

- coronary artery bypass surgery
- kidney damage or failure
- \heartsuit valve problems
- arrhythmias
- liver damage

Disease: HYPERTENSION (HTN)

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