

HEART FAILURE

Presented by
Ali Abdel Fattah
Nursing supervisor
DAR Elfouad
hospital



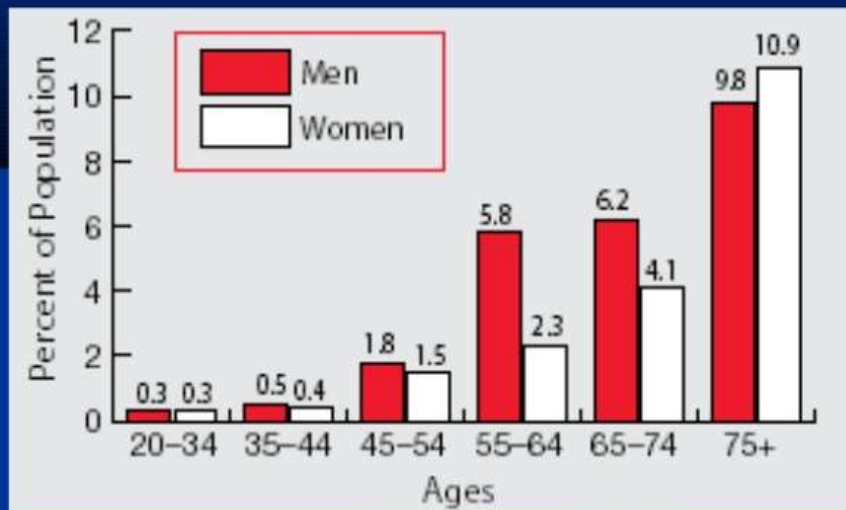
POINT OF DISCUSSION

- Introduction
- Definition oh heart failure
- Warning signs of HF
- Types of HF
- Stages of HF
- Causes of HF
- How to diagnose
- Treatment of HF
- Nursing care of patients with HF

INTRODUCTION

- Heart failure is more likely to happen as we age, but anyone can develop heart failure, which is a serious, long-term (chronic) condition. But you can live a full and active life with the right medical treatment and the attention you pay to your lifestyle.

Prevalence of Heart Failure



Source: CDC/NCHS and NHLBI.

DEFINITION OF HF

What is Heart Failure?

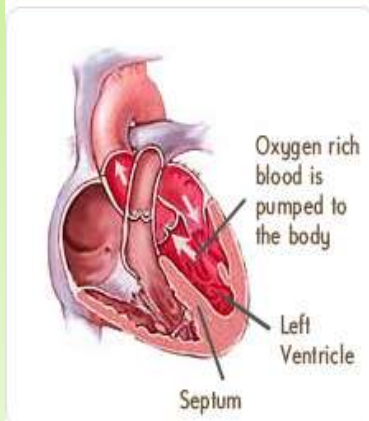
- A disorder in which the heart **loses its ability to pump blood efficiently** throughout the body.

↓ Cardiac Output

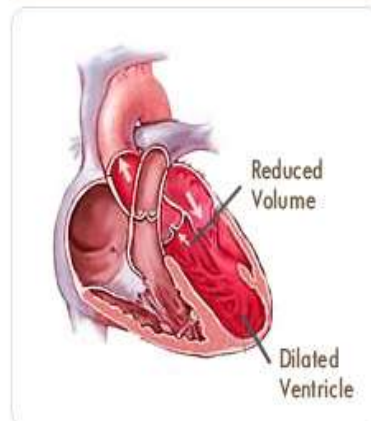
- **Heart failure occurs when CO is inadequate to provide the oxygen needed by the body.**



NORMAL



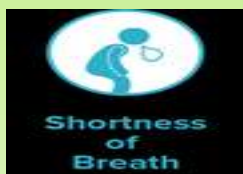
HEART FAILURE



HF 3D



WARNING SIGNS OF HF



Types of HF

RIGHT SIDED ♥ FAILURE

(Cor Pulmonale)

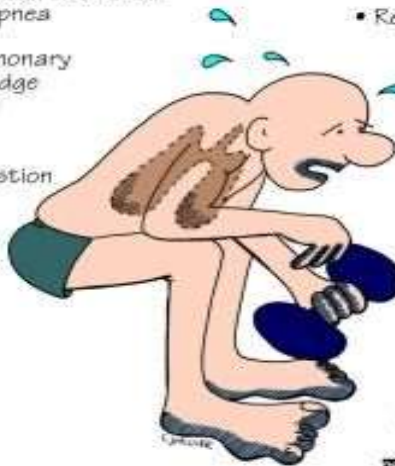
- Fatigue
- ↑ Peripheral Venous Pressure
- Ascites
- Enlarged Liver & Spleen
- May be secondary to chronic pulmonary problems
- Distended Jugular Veins
- Anorexia & Complaints of GI Distress
- Weight Gain
- Dependent Edema



© 2007 Nursing Education Consultants, Inc.

LEFT SIDED ♥ FAILURE

- Paroxysmal Nocturnal Dyspnea
- Elevated Pulmonary Capillary Wedge Pressure
- Pulmonary Congestion
 - Cough
 - Crackles
 - Wheezes
 - Blood-Tinged Sputum
 - Tachypnea
- Restlessness
- Confusion
- Orthopnea
- Tachycardia
- Exertional Dyspnea
- Fatigue
- Cyanosis



© 2007 Nursing Education Consultants, Inc.

Stages of HF

Stage	Symptoms
1	Mild weakness, doesn't affect daily tasks
2	More than usual tiredness after performing daily exercise
3	Excessive fatigue after performing daily tasks
4	Any physical activity causes discomfort

CAUSES OF HF

Causes of Congestive Heart Failure

- Primary causes:
 - Cardiomyopathy
 - Coronary artery disease
 - Hypertension
- Secondary causes:
 - High salt intake
 - Noncompliance with treatment
 - Side effects of drug therapy
 - Kidney failure
 - Stress
 - Infection and inflammation
 - Cigarette smoking
 - Obesity



How to diagnose HF

- Blood tests
- Chest x-ray
- ECG
- ECHO
- Stress ECG
- MRI / CT
- Coronary angiogram
- Myocardial biopsy

Treatment of HF

1_Medications:

Doctors usually treat heart failure with a combination of medications. Depending on your symptoms, you might take one or more medications, including:

- **Angiotensin-converting enzyme (ACE) inhibitors**
- **Angiotensin II receptor blockers**
- **Beta blockers**
- **Diuretics**
- **Aldosterone antagonists**
- **Inotropes**
- **Digoxin (Lanoxin)**

2_Surgery and medical devices

- **Coronary bypass surgery**
- **Heart valve repair or replacement**
- **Implantable cardioverter-defibrillators (ICDs)**
- **Cardiac resynchronization therapy (CRT)**
- **Ventricular assist devices (VADs)**
- **Heart transplant**

3_Lifestyle and home remedies

- **Stop smoking**
- **Discuss weight monitoring with your doctor**
- **Check your legs, ankles and feet for swelling daily**
- **Eat a healthy diet**
- **Restrict sodium in your diet**
- **Limit alcohol and fluids**
- **Reduce stress**

Nursing care of patients with HF

- **1_Nursing Diagnosis**

Decreased cardiac output related to changes in myocardial contractility manifested by decrease in heart rate

- **Goal:**

show vital signs within acceptable limits

Nursing Interventions :

- a. Auscultation apical pulse, assess the frequency and rhythm
- b. Record the heart sounds
- c. Palpation of peripheral pulses
- d. Assess the skin of cyanosis and pallor
- e. Provide a comfortable and quiet environment

- **Nursing Diagnosis.**

- Activity intolerance related to imbalance between supply oxygenation needs manifested by increase respiration rate .

- **Goal :** Participate in a desired activity

Nursing Interventions :

- a. Check vital signs before and after the activity, particularly when patients using vasodilator, diuretic.
- b. Assess the precipitator / causes weakness example: treatment, pain, medication.
- c. Evaluation of an increase in activity intolerance.
- d. Provide assistance in self-care activities

- **Nursing Diagnosis :**

Excessive Fluid volume related to decreased cardiac output and sodium and water retention manifested by Edema of extremities

Goal: Patient will demonstrate adequate fluid balanced

- **Nursing Interventions :**

- Assess patient's general condition
- Monitor I&O every 4 hours
- Weigh patient daily and compare to previous weights.
- Assess for presence of peripheral edema. Do not elevate legs if the client is dyspnic

- **Nursing Diagnosis**

Unpleasant sensory and emotional experience arising from actual or potential tissue damage manifested by restlessness

- **Goal :** Patient's pain will be decreased.

- **Nursing Interventions :**

- Assess patient pain for intensity using a pain rating scale
- Administer or assist with self-administration of vasodilators, as ordered.
- Provide comfort measures.
- Teach patient relaxation techniques and how to use them to reduce stress.
- Teach the patient how to distinguish between angina pain and signs and symptoms of myocardial infarction.

**Thanks for giving me
your
Time**