

Patho

HF-HEART FAILURE (failure to PUMP forward)
HF-HEAVY FLUID (lungs & body)

Memory Trick:

S-Sodium Swells
W-Weight Gain = Water Gain Crisis!

Signs & Symptoms

R-RIGHT sided HF
R-ROCKS the **BODY** with fluid
 Peripheral Edema
 Weight Gain = Water Gain
 Edema (pitting)
 JVD (big neck veins)
 Abdominal Growth
 Ascites
 Hepatomegaly (big liver)
 Splenomegaly (big spleen)

L-LEFT sided HF
L-LUNG fluid
"Pulmonary Edema"
 Crackles "rales" that don't clear
 with cough (**NOT** rhonchi or wheeze)
 Frothy Pink "blood tinged" sputum
 orthopnea-dyspnea while lying flat

Causes

R-RIGHT sided HF
 Left sided HF can cause Right HF
 Pulmonary HTN
 Fibrotic Lungs "stiff lungs"

L-LEFT sided HF
 (weak heart = weak pump)
 MI (heart attack)
 Ischemic Heart Disease
 (CAD, ACS)

Treatment Priority

KEY WORDS: new, sudden, worsening, rapid =
 Pulmonary Edema **CRISIS** (Lung Fluid)

#1 Furosemide "Body Dried" (drain fluid)
H-HOB 45 degrees + (semi fowlers, high fowlers, orthopneic position)
O-Oxygen
P-Push Furosemide + Morphine, Positive inotropes
E-End sodium & fluids (Sodium Swells)
NO drinking fluids + STOP IV fluids

Diagnostic tests

Labs: BNP-"Broken Ventricles"

300+ Mild - 600+ Moderate - 900+ SEVERE HF

Echo

Ejection Fraction 40% or LESS is HFr (normal 55-70%)
 LVH-Left Ventricular Hypertrophy

Hemodynamic Monitor "Swan Ganz" (Pulmonary artery catheter)
 CVP (norm: 2-8) Over 8 = NOT GREAT

Risk Factors

#1 risk factor is HTN
 ECG Dysrhythmias (Atrial Fibrillation)
 Valvular Malfunction (mitral valve regurgitation)
 Cardiomyopathy

Nursing Care

DR. BEDS

D-Diet: Low SCC (Sodium, Calories, Cholesterol)
 Low Sodium & Fluid (2L + 2g or LESS/day)
NO OTC meds (Cough or Flu, Antacids
 or NSAIDS **NOUCTION**)
NO Canned or packaged foods (chips, sauces, meats, cheeses,
 wine)
R-Risk for Fall! (Change positions slowly)
B-Blood Pressure & BNP (should NOT be increasing)
E-Elevate HOB & Legs (with pillows) high fowlers
D-Daily Weights and I's and O's (over 3 lbs/day or
 5 lbs in 7 days) = Worsening! **NOUCTION**
S-Stairs (No sex until able to climb 2 flights of stairs
 without dyspnea)
S-Stocking (TED hose) (decreases blood pooling, remove daily)

NEVER massage calves (CHF patients) **NOUCTION**

Pharmacology

A-ACTS on BP only (not HR)
A-ACE (-pril) Lisinopril "chill pril" 1st choice
A-ARBS (-sartan) Losartan "relax man" 2nd choice
A-Avoid Pregnancy
A-Angioedema (Airway Risk) *only Ace
C-Cough *only Ace
E-Elevated K+ (normal 3.5-5.0)
B-BETA BLOCKERS (-lol) Atenolol "LOL = LOW"
 Blocks both BP & HR (**AVOID** Low HR & BP)
 Caution: **HOLD** IF:
B-Bradycardia (LESS than 60) & BP low (90/60)
 only hold if the patient is in an acute exacerbation of CHF
B-Breathing problems "wheezing" (Asthma, COPD)
B-Bad for Heart Failure patients
B-Blood sugar masking "hides S/S" (Diabetics)
C-CALCIUM CHANNEL BLOCKERS
 Calms BP & HR (**AVOID** Low HR & BP)
 (Nifedipine)
 -dipine "declined BP & HR"
 -amilipine "chill heart"
D-DIURETICS Drain Fluid
D-Drains Fluid "Diuresis" "Dried"
K+ Wasting-Furosemide & Hydrochlorothiazide
 (caution: Low K+, Eat melons, banana & green leafy)
K+ Sparing-Spironolactone "Spare potassium"
 (**AVOID** Salt Substitutes, melons & green leafy)
D-DILATORS (Vasodilators)
 Nitroglycerin, Isosorbide
Nitroglycerin "Nitro = Pillow for heart"
 Caution: **NO** Viagra "afil" Sildenafil = **DEATH!**
 Nitro drip: **STOP** = Systolic BP below 90 or 30 mmHg Drop
 Adverse effect:
 H/A= side effect
 Low BP= adverse effect (SLOW position changes)
D-DIGOXIN (Inotropic)
 Digs for a DEEP contraction
 Increased contractility
 Apical Pulse x 1 minute
 Toxicity (over 2.0) Vision changes, N/V **TEST TIP**
 Potassium 3.5 or less (higher r/t toxicity)

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Table of Contents Pharmacology Study Guide Nursing Student

1. Understanding the eBook Pharmacology Study Guide Nursing Student
 - The Rise of Digital Reading Pharmacology Study Guide Nursing Student
 - Advantages of eBooks Over Traditional Books
2. Identifying Pharmacology Study Guide Nursing Student
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pharmacology Study Guide Nursing Student
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pharmacology Study Guide Nursing Student
 - Personalized Recommendations
 - Pharmacology Study Guide Nursing Student User Reviews and Ratings
 - Pharmacology Study Guide Nursing Student and Bestseller Lists

5. Accessing Pharmacology Study Guide Nursing Student Free and Paid eBooks
 - Pharmacology Study Guide Nursing Student Public Domain eBooks
 - Pharmacology Study Guide Nursing Student eBook Subscription Services
 - Pharmacology Study Guide Nursing Student Budget-Friendly Options
6. Navigating Pharmacology Study Guide Nursing Student eBook Formats
 - ePub, PDF, MOBI, and More
 - Pharmacology Study Guide Nursing Student Compatibility with Devices
 - Pharmacology Study Guide Nursing Student Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pharmacology Study Guide Nursing Student
 - Highlighting and Note-Taking Pharmacology Study Guide Nursing Student
 - Interactive Elements Pharmacology Study Guide Nursing Student
8. Staying Engaged with Pharmacology Study Guide Nursing Student
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pharmacology Study Guide Nursing Student
9. Balancing eBooks and Physical Books Pharmacology Study Guide Nursing Student
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pharmacology Study Guide Nursing Student
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pharmacology Study Guide Nursing Student
 - Setting Reading Goals Pharmacology Study Guide Nursing Student
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pharmacology Study Guide Nursing Student
 - Fact-Checking eBook Content of Pharmacology Study Guide Nursing Student
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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