

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 **NOOXYTOP**)
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! **NOOXYTOP**
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) **NOOXYTOP**

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:

HA= 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)

Pharmacology For Nursing Study Guide

Bruce D. Clayton,Michelle Willihnganz



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Table of Contents **Pharmacology For Nursing Study Guide**

1. Understanding the eBook **Pharmacology For Nursing Study Guide**
 - The Rise of Digital Reading **Pharmacology For Nursing Study Guide**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Pharmacology For Nursing Study Guide**
 - 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 For Nursing Study Guide**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Pharmacology For Nursing Study Guide**
 - Personalized Recommendations
 - **Pharmacology For Nursing Study Guide** User Reviews and Ratings
 - **Pharmacology For Nursing Study Guide** and Bestseller Lists

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