

## **Describe diagnosis or procedure/surgery**

Congestive Heart Failure (CHF) is where the heart has a hard time pumping blood to all organs of the body. The heart is working but it does not work as effectively as it should. People with CHF cannot exert themselves too much. This is because the blood does not have as much oxygen as usual because the heart doesn't pump as fast so oxygen cannot get to all the organs it needs to so people will tire out very easily. The kidneys can be effected in people with CHF because they will tell the body to retain water and sodium and this will cause edema (swelling in the arms, legs, ankles, chest, etc). Some people with CHF may show all the symptoms, some may show some, and other may show none. There are two types of CHF:

- systolic dysfunction which is when the heart contract hard enough so there is not enough oxygenated blood pumping through the body
- diastolic dysfunction which is where the heart contracts properly but the ventricles do not relax correctly or they are stiff causing less blood to enter the heart during filling.

## **Possible causes of the diagnosis or need for procedure/surgery**

- CAD (coronary artery disease) - arteries of the heart become narrow
- past MI (heart attack)
- high blood pressure (hypertension)
- heart valve disease - due to many causes
- cardiomyopathy (disease to the heart muscle itself)
- heart defects at birth
- infection of the heart muscle or valves (myocarditis or endocarditis)

## **Signs and symptoms that patient may be experiencing**

- difficulty breathing
- edema
- dizziness, fatigue, weakness
- rapid/irregular heart beats

## **Diagnostic test(s) that may be performed to diagnosis patient or identify the need for surgery (i.e. Lab test, x-rays, etc...)**

- blood tests - kidney and thyroid function, cholesterol levels, anemia
- B-type Natriuretic Peptide (BNP) blood test - BNP is a substance the heart secretes in response to blood pressure changes that occur when CHF occurs or worsens.
- Chest X-Ray - shows the size of your heart and build up of fluids around the heart and/or lungs
- Echocardiogram - shows the hearts movements
- EKG
- Stress test
- Cardiac catheterization
- Ejection Fraction (EJ) - shows how much blood your hearts pumps

## **Possible medications to used to treat diagnosis**

- Beta blockers
- diuretics
- digitalis
- ACE inhibitors
- vasodilators

## **Nursing interventions that will assist the patient through the**

### **healing process**

-rest

-help with ADL's

-help modifying ADL's

-modifying diet

### **List Possible Nursing diagnoses**

-difficulty breathing

-pain

-trouble with ADL's