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### Heart Failure

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# Heart Failure

## Molly Davis BSN, RN

### Otterbein University, Westerville, Ohio

#### What is it?

❖ Heart Failure is defined as the pathophysiologic condition in which the heart is unable to generate an adequate cardiac output such that perfusion of tissues or increased diastolic filling pressure of the left ventricle, or both occurs (Huether & McCance, 2019).

❖ Common causes of heart failure are coronary artery disease, high blood pressure, and diabetes. Heart failure is most common in people over the age of 65 and older, African Americans, people who are overweight, and people who have had a heart attack. The overall treatment goal of this disease to help reduce the chances of developing complications and to help decrease and reverse the progression of the underlying disease. Alpert, C. M., Smith, M.A., Hummel, S. L., & Hummel, E.K. (2017).

❖ Heart failure affects nearly 6.5 million adults in the united states and is steadily increasing. Prognosis for the patients diagnosed with heart failure remains poor and there is a lack of dietary therapies which have demonstrated an improvement in clinical outcomes. Billingsley, H.E., Hummel, S.L. & Carbone, S. (2020).

❖ Women develop heart failure in at an older age compared to men. Heart failure with preserved ejection fraction is more common in women than in men and accounts for at least half the cases of heart failure in women. Bozkurt, B., & Khalaf, S. (2017).

❖ Symptom management in patients with heart failure consist of two key components: comprehensive symptom assessment and sufficient knowledge of available approaches to alleviate the symptoms. Cattadori, G., Sergurini, C., Picozzi, A., Padeletti, L., & Anza, C. (2018)

❖ Circulating biomarkers (BNP) reflecting pathophysiological pathways involved in heart failure development and progression may assist clinicians in early diagnosis and management of heart failure patients. Castiglione, V., Aimo, A., Vergaro, G., Saccaro, L., Passino, C., & Emdin, M (2022)

#### What are the most frequent symptoms?

- ❖ Shortness of breath, initially on exertion
- ❖ Tiredness
- ❖ Swollen legs
- ❖ Shortness of breath while lying down
- ❖ Shortness of breath waking you up in the middle of night

#### Nursing care implications for heart failure patients:

- ❖ Know how to monitor symptoms
- ❖ Sodium and fluid restriction
- ❖ Daily weights
- ❖ Smoking cessation
- ❖ Avoid alcohol and caffeine
- ❖ Promote Regular physical activity
- ❖ Stress importance of taking medication as prescribed

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#### Conclusion

❖ I have been a cardiac nurse for a total of sixteen years now and my topic of interest for this poster assignment is about heart failure. I have taken care of many heart failure patients in my career and have seen the detrimental effects that this disease has on patients. The key roles in caring for heart failure patients largely focus on the follow up and monitoring of patients at high risk of hospital readmissions. (Riley, 2019)

#### Signs of Heart Failure and Congestive Heart Failure

