

Nursing Care Plan: Congestive Heart Failure (CHF)

Medical Condition: Congestive Heart Failure

Nursing Diagnosis: Decreased Cardiac Output

Related to:

- Impaired heart pump function due to myocardial infarction
- Increased preload and afterload
- Cardiomyopathy

As evidenced by:

- Fatigue and weakness
- Shortness of breath, especially on exertion or when lying flat
- Swelling in legs, ankles, and feet (edema)
- Weight gain due to fluid retention
- Distended neck veins

Expected outcomes:

- The patient will demonstrate stable cardiac output as evidenced by vital signs within normal ranges.
- The patient will report reduced symptoms such as fatigue, edema, and dyspnea.
- The patient will show an understanding of self-care measures to manage heart failure.

Assessment:

1. Monitor vital signs frequently, focusing on heart rate and blood pressure.
2. Assess for signs of edema in lower extremities and other areas.
3. Evaluate daily weight to monitor for rapid weight changes indicating fluid retention.

Interventions:**1. Optimize cardiac function:**

- Administer prescribed cardiac medications such as ACE inhibitors, diuretics, and beta-blockers.
- Monitor and document the patient's response to medications.

2. Fluid management:

- Educate the patient on fluid and salt restrictions to prevent fluid overload.
- Administer diuretics as prescribed and monitor electrolytes to prevent electrolyte imbalances.

3. Symptom management:

- Assist the patient in arranging activities with periods of rest to avoid fatigue.
- Educate on the use of supplemental oxygen therapy if prescribed.

4. Patient education and self-care promotion:

- Teach the patient about heart failure management, including medication adherence, diet, and activity levels.
- Discuss the importance of monitoring symptoms and when to seek medical help.

5. Monitoring and ongoing assessment:

- Continuously assess heart and lung sounds for abnormalities.
- Adjust the care plan based on the patient's ongoing assessment and response to treatments.

6. Discharge and follow-up planning:

- Plan for follow-up visits with a cardiologist to manage heart failure.
- Arrange for home health services if needed to ensure continuity of care.

MASTERS WRITERS