

CHF CONGESTIVE HEART FAILURE

The heart can't pump effectively to meet the body's needs.

NCLEX TIP!

Think: **FLUID OVERLOAD** and **DECREASED CARDIAC OUTPUT!**



SIGNS & SYMPTOMS



Shortness of breath (especially with exertion or lying flat)



Edema (ankles, feet, legs)



Crackles in lungs



Rapid weight gain



Fatigue & weakness

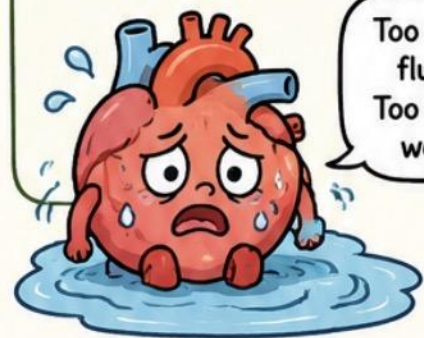


Orthopnea (trouble breathing when lying flat)



COMMON CAUSES

- Hypertension
- Coronary artery disease (MI)
- Valvular heart disease
- Diabetes mellitus
- Arrhythmias
- Chronic lung disease
- High sodium diet
- Fluid overload



Too much fluid... Too much work!

NURSING PRIORITIES

- ✓ Assess respiratory status
- ✓ Monitor I&O and daily weight
- ✓ Monitor edema
- ✓ Administer medications as ordered
- ✓ Teach low sodium diet and fluid restriction
- ✓ Position in high Fowler's to help breathing



TREATMENT

- Diuretics (remove excess fluid)
- Low sodium diet
- Fluid restriction
- ACE inhibitors, Beta blockers, Digoxin (as ordered)
- Daily weights
- Activity as tolerated

POTENTIAL COMPLICATIONS

- Pulmonary edema
- Fluid imbalance
- Decreased cardiac output
- Renal impairment
- Dysrhythmias



REMEMBER!

F - Fluid overload
L - Lungs (crackles)
U - Urine output ↓

I - Increased weight
D - Decreased activity tolerance



NCLEX CLUE

"Pt can't breathe when lying down"
→ Think **CHF!**