

Core Care Plan: Chronic Heart Failure (Community)



SURNAME		FORENAME		UNIT NO		PROBLEM NO	
DATE	NURSING PROBLEM	GOAL/OUTCOME	NURSING CARE PLAN	REVIEW DATE	SIGNATURE	DATE DISCONTINUED	INITS
	<p>Left ventricular failure / Congestive cardiac failure</p> <p><u>Presenting symptoms</u></p> <ul style="list-style-type: none"> Breathlessness : Orthopnoea / PND Cough Cyanosis/Pallor Oedema: peripheral/sacral Pitting/Non pitting Rapid irregular pulse / palpitations / hypotension <p><u>Associated symptoms</u></p> <ul style="list-style-type: none"> Confusion, diminished urine output, fatigue nausea/vomiting Poor appetite/cachexic indigestion, constipation 	<p>To improve cardiac failure status by -</p> <p>reducing severity of breathlessness and level of oedema.</p> <p>improving patient's comfort by managing associated symptoms.</p> <p>providing education to the patient and family on condition</p>	<ul style="list-style-type: none"> <u>Monitor observations:</u> Oxygen saturations, (maintain at > 94%)/Respiratory Rate Heart rate (60-90bpm)/? Change of rhythm BP (systolic > 100mmHg) Report any abnormalities. <u>Advise on fluids</u> aiming for 1.5- 2 litres per day (to include all fluids) Restrict fluid intake to litres in 24 hours. Limit caffeine intake..... (cups per day) Limit Alcohol intake..... (units per day) <u>Monitor weight daily</u> (before breakfast). DRY WEIGHT:..... Annual influenza vaccine(date) Pneumococcal vaccine (one off).....(date) <u>Advise of Low fat/low sodium diet</u> (< 3g salt per day). Avoid Lo-Salt. If evidence of significant weight loss (Cachexic) – refer to dietitian. <u>Monitor compliance of prescribed medications.</u> Monitor Over the Counter Medications (NSAIDS/Effervescent- avoid/limit) Refer patient to pharmacist for further advice, if needed. <u>Advise on exercise and the importance of rest</u> (nap after lunch/pacing an activity) <u>Provide psychological support</u> to relieve anxiety and also reassure patient during decompensation of symptoms. SIGNS OF DECOMPENSATION – ALERT GP/Cardiac Nurse More breathless when lying down (Orthopnoea) Waking up breathless (Paroxymal Nocturnal Dyspnoea) Weight Gain of 2-3 kgs over a 7 day period Evidence of oedema: feet, ankles or stomach More lethargic 				

- a. Diagnosis and Treatment of Heart Failure due to Left Ventricular Systolic Dysfunction SIGN Publication NO. 35 February 2007.
- b. Assessing and Management of Chronic Heart Failure: SIGN Guidelines (95) February 2007
- c. Providing palliative care in end stage Heart Failure: Professional Nurse Volume 15 (6) March 2000
Chronic Heart Failure: Professional Nurse Volume 16 (5) February 2001
- d. National Prescribing Centre MeReC: Briefing Issue No 15 August 2001. / Hearts for Life [online]: <http://www.heartsforlife.co.uk>
- e. N.I.C.E. Guidelines (2004) – Chronic Cardiac Failure / National Standards Framework, chapter 6.

Managing