

Living with Heart Failure

Presented by the Advanced Practice Registered Nurses of South Denver Cardiology Associates

SDCA Advanced Practice Nurses

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APRN

- Nurses with advanced degrees, Masters prepared
- Certified in their field
- Evaluate patients in a variety of settings
- Order and Perform testing
- Interpret diagnostic data
- Diagnose conditions
- Prescribe medications and other interventions
- Work in collaboration with our physician colleagues

Heart Failure

- What is it? How does it feel?
- Is it common?
- What causes it?
- How is it diagnosed?
- How is it treated?
- Do I need these medicines?
- What can I do to prevent it from limiting my lifestyle?

What is Heart Failure?

- ◆ The inability of the heart to pump blood to all parts of the body
- ◆ The heart is often weak
- ◆ Once the pumping problems occur, blood begins to back up

Is Heart Failure Common?

- Over 5 Million Americans live with the diagnosis of heart failure
- More than a half million patients develop new heart failure each year
- One third of patients with a discharge diagnosis of heart failure are again hospitalized within 90 days

What does Heart Failure feel like?

- ◆ Sudden weight gain
- ◆ Swelling in ankles and legs
- ◆ Trouble sleeping without being propped up on pillows
- ◆ Waking at night with shortness of breath
- ◆ Shortness of breath at rest or with exertion
- ◆ Frequent dry, hacking cough
- ◆ Loss of appetite
- ◆ Fatigue with very little effort
- ◆ Frequent nighttime urination

What causes Heart Failure?

- ◆ High Blood Pressure
- ◆ Coronary Artery Disease
 - ★ Heart Attack
- ◆ Cardiomyopathy
 - Toxic Substances
 - Alcohol
 - Viral
 - Pregnancy
 - Idiopathic

Other Causes of Heart Failure

- ◆ Lung Disease
- ◆ Severe Anemia
- ◆ Overactive Thyroid
- ◆ Irregular Heart Rhythms
- ◆ Congenital Heart Defects
- ◆ Valvular Heart Disease

How Is Heart Failure Diagnosed?

- ◆ Reporting symptoms
- ◆ Physical examination
- ◆ Chest X-ray
- ◆ Echocardiogram
- ◆ BNP
- ◆ At times, cardiac catheterization, stress testing, cardiac MRI

How is Heart Failure Treated?

- Medications
- Lifestyle Management
 - Dietary changes
 - Smoking Cessation
 - Weight Management
 - Blood Pressure Control
 - Avoid Alcohol and other substances
 - Avoid Stress
- Disease Management
 - Diabetes Control
 - Cholesterol Management
- Invasive Management
 - BiV Pacer, AICD, PTCA, CABG
 - Heart Transplant

Do I need these medicines?

- ◆ Diuretics (Furosemide, Lasix, Bumex) reduce the volume of the pump
- ◆ ACE inhibitors (Lisinopril, Altace) relax the blood vessels and help the pump work more effectively
- ◆ Beta Blockers (Lopressor, Atenolol) reduce the workload of the pump
- ◆ Aldactone blocks hormonal actions to dilate the pump
- ◆ Digoxin improves the strength of the heart

What can I do to prevent Heart Failure from limiting my lifestyle?

- ◆ Take your medications as prescribed, even if you are feeling better.
- ◆ Weigh yourself daily. Call our office at the first sign of weight gain, >3 lbs in 1 day or >5 lbs in 2 days.
- ◆ STOP SMOKING
- ◆ Limit salt intake, Avoid all canned goods, follow AHA dietary guidelines. SDCA offers cooking classes for low sodium diets.

I Can Also

- ◆ Limit fluid intake to 8 cups of liquid daily. Use hard candies to control thirst.
- ◆ Lose weight. Excess weight causes more stress on the heart. SDCA has weight management courses available.
- ◆ Exercise to tolerance.
- ◆ Rest when needed.
- ◆ Avoid Stress.
- ◆ Avoid Alcohol.
- ◆ Take an active role in managing my blood pressure, diabetes, and cholesterol.

I Can Also

- ◆ Avoid extreme temperatures of hot or cold.
- ◆ Get an annual flu vaccination and stay updated on pneumonia vaccine.
- ◆ Take Aspirin, Plavix or Coumadin as directed.
- ◆ Establish a relationship with my physician, NPs, and nurses. Don't hesitate to call regarding symptoms. Often we can adjust medications over the phone and see you in 2-3 days after you change therapy.

Conclusion

- ◆ Thank you for attending
- ◆ We hope you enjoyed the presentation and learned about "Living With Heart Failure"
- ◆ Questions from the audience