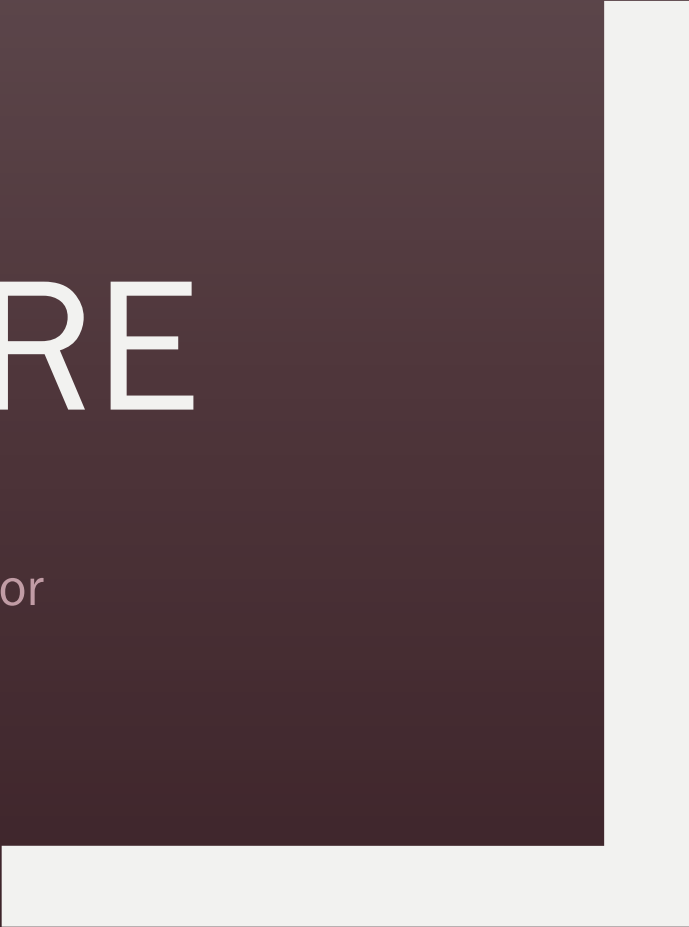




HEART FAILURE

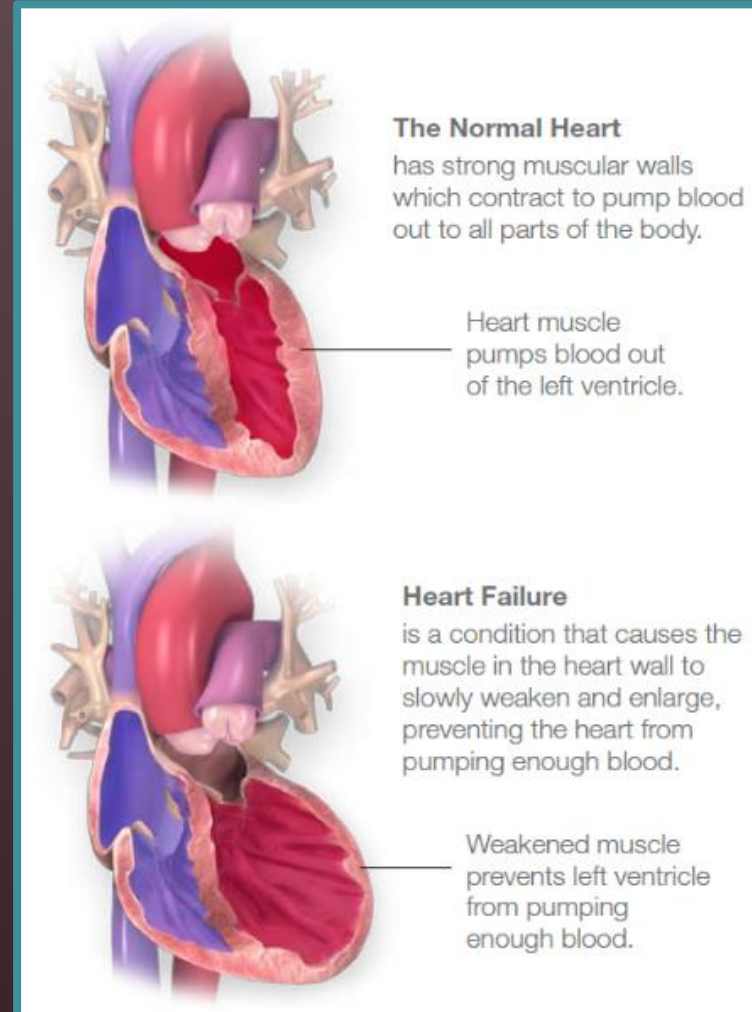
Johnson County Health Department
Amber Terhune, BSN, RN, Health Educator
February 2020



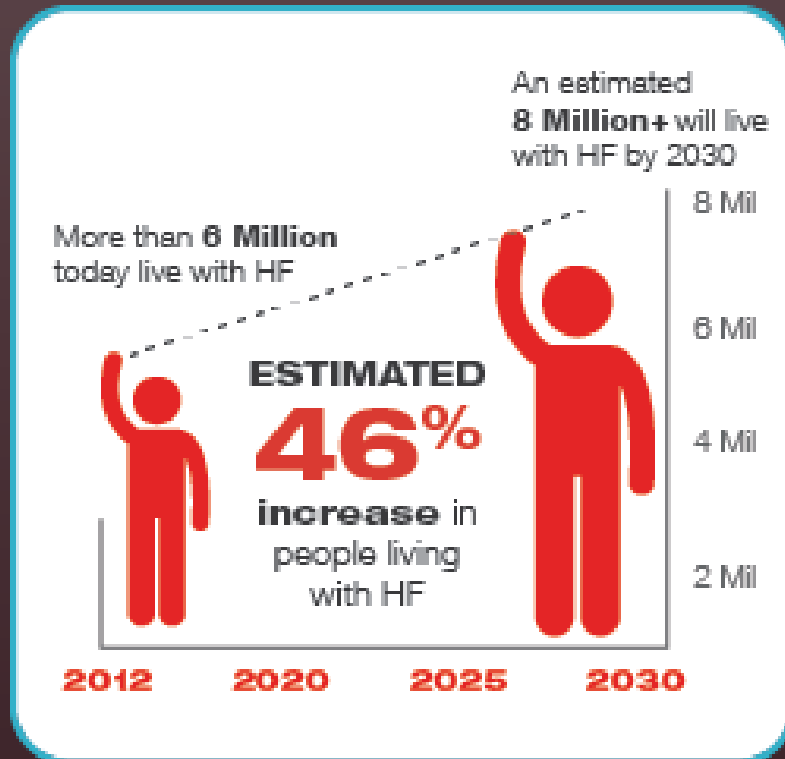
What It Is

- Serious and progressive
- Affects one or both sides
- Systolic Dysfunction
- Diastolic Dysfunction
- Congestive

American Heart Association. *What is Heart Failure?* 2015. https://www.heart.org/-/media/data-import/downloadables/8/b/b/pe-abh-what-is-congestive-heart-failure-ucm_300315.pdf?ia=en&hash=75CFAA7CA282F4FC8FA627059A158F053D4954F7



US Statistics



- A leading cause of hospitalization over 65 years
- Estimated 960,000 new cases/year
- About 1/2 die within 5 years of diagnosis

American Heart Association. *Understand Your Risk for Heart Failure*, 31 May 2017. <https://www.heart.org/en/health-topics/heart-failure/causes-and-risks-for-heart-failure/understand-your-risk-for-heart-failure>

Risk Factors

- Non-modifiable
- Modifiable
- Health conditions



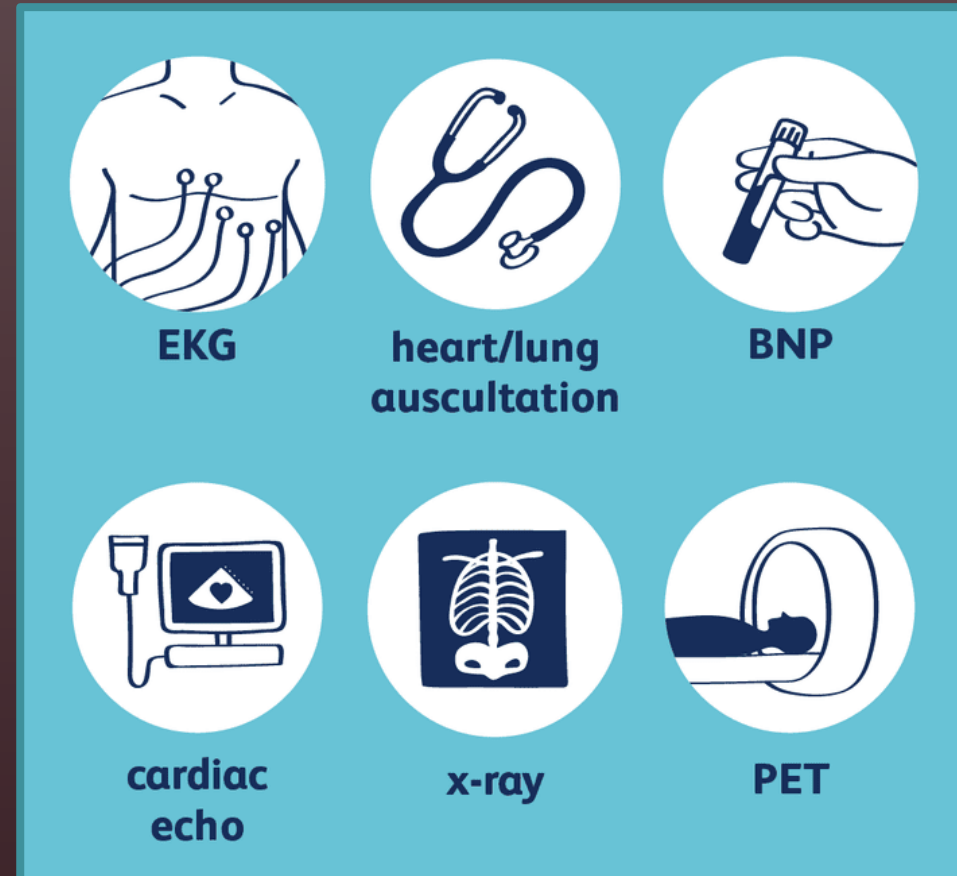
Symptoms



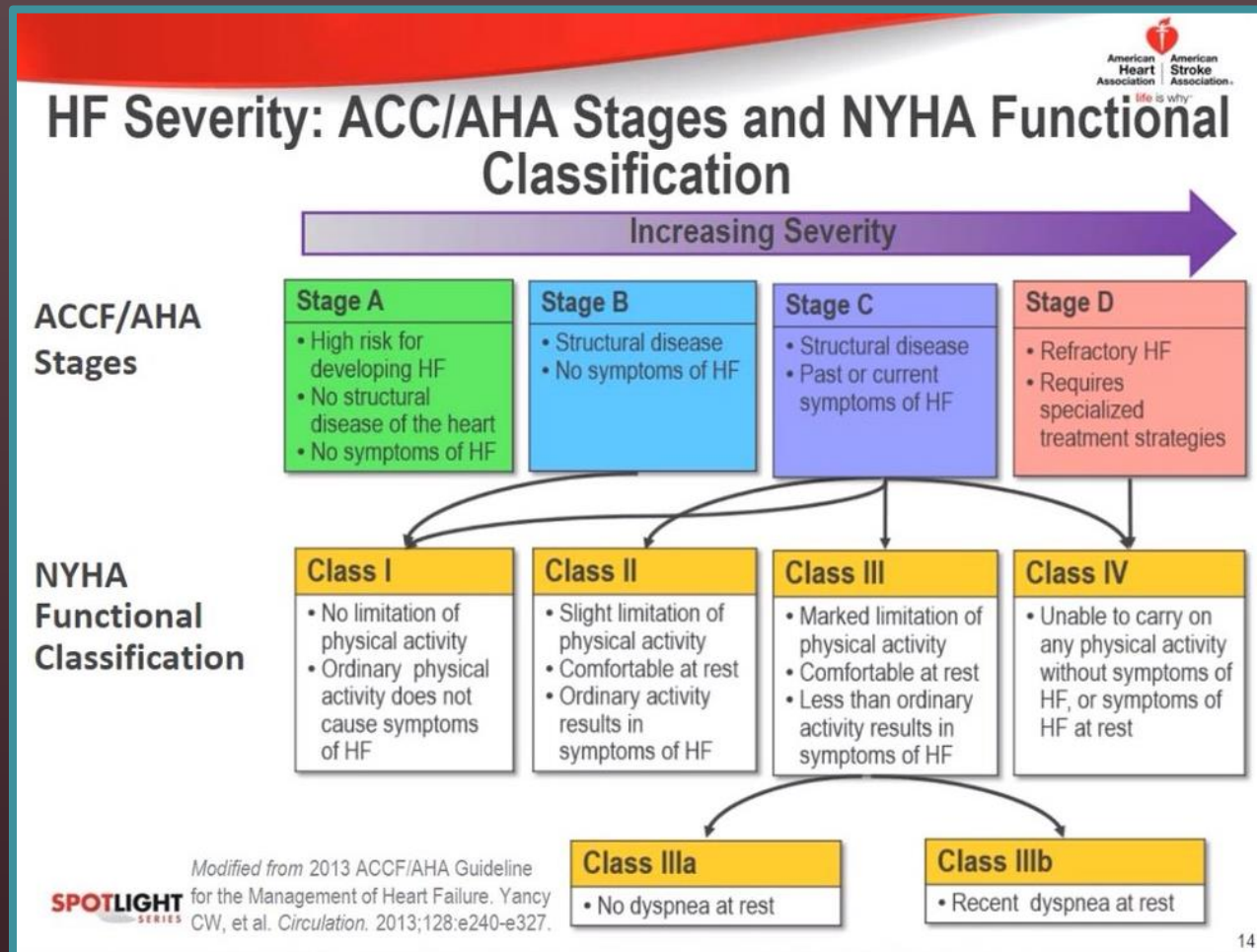
- Wheezing
- Rapid heartbeats
- Irregular heartbeats
- Chest pain
- Cold arms and legs

Diagnosis

- Physical exam
- History
 - *Symptoms*
 - *Medical*
 - *Family*
 - *Social*
- Tests



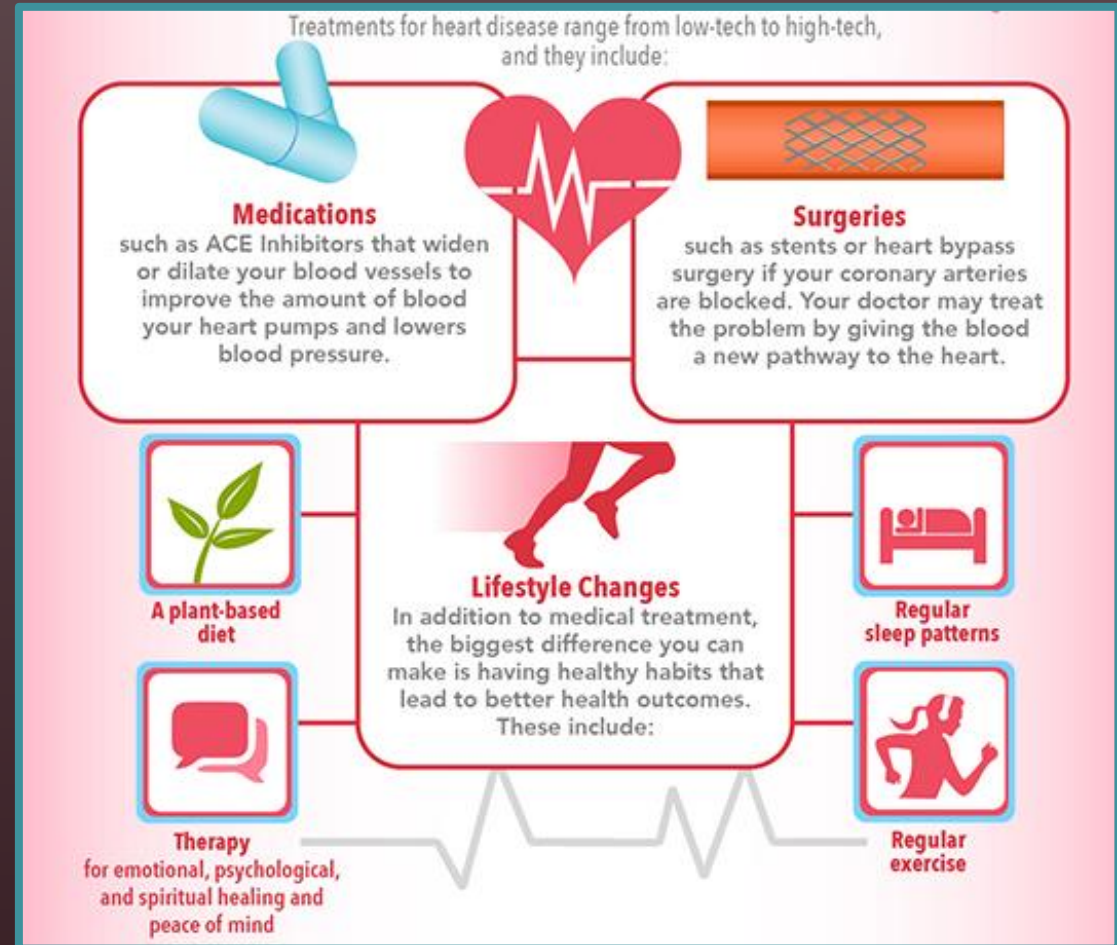
Stages Of Heart Failure



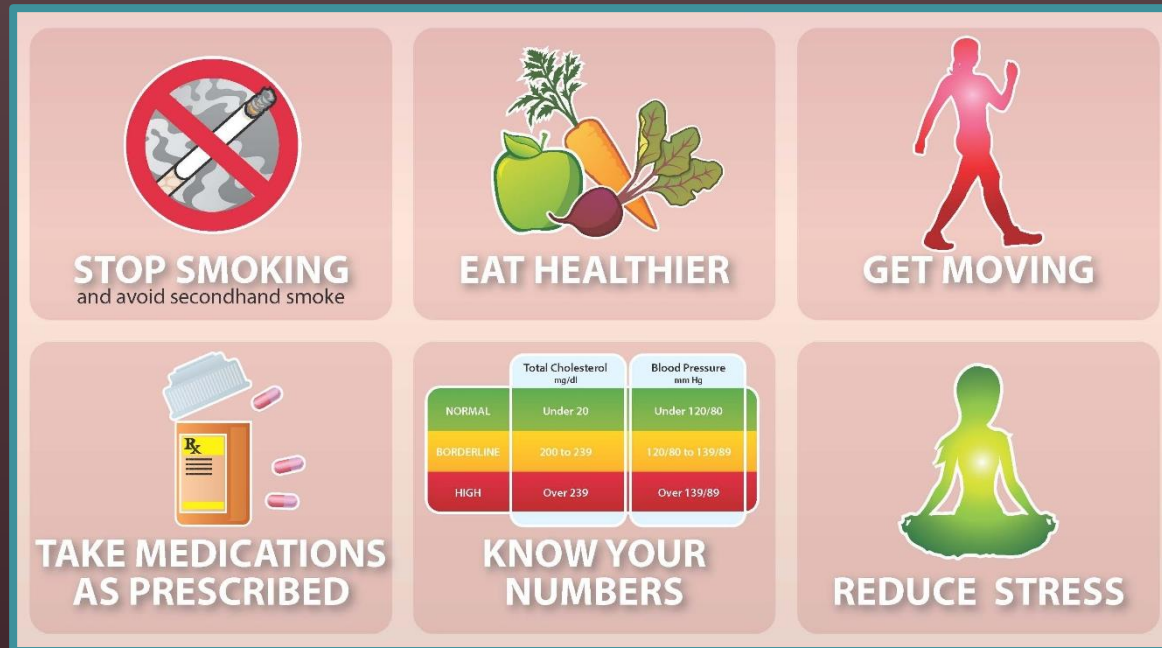
Shah, MD, Kevin. Thread Reader. #FIT
 Survival Guide: #HeartFailure management
 - a #tweetorial for #ACCFIT, 2018.
<https://threadreaderapp.com/thread/1023952626516287489.html>

Treatment

- No cure
- Goals of treatment:
 - *Treat other conditions*
 - *Decrease progression*
 - *Lessen symptoms*
 - *Improve life quality*



Preventing and Managing Heart Failure





- Adequate rest
- Routine medical follow up
- Manage medical conditions
- Know and track symptoms
- Obtain support as needed
- Make future preparations


Self-Check Plan: Heart Failure Management


- Use this self-check plan to monitor symptoms
- Know what/when to report for medical evaluation


✔ **Excellent – Keep Up the Good Work!**


 No new or worsening shortness of breath






 Physical activity level is normal for you


 No new swelling, feet and legs look normal for you



 Weight check stable
Weight: ____



 No sign of chest pain


**GREAT!
CONTINUE:**


 Daily Weight Check
  Meds as Directed
  Low Sodium Eating
  Follow-up Visits


🚩 **Pay Attention – Use Caution!**



 Dry, hacking cough


 Worsening shortness of breath with activity



 Increased swelling of legs, feet, and ankles


 Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



 Discomfort or swelling in the abdomen



 Trouble Sleeping


CHECK IN!
Your symptoms may indicate:


 A need to contact your doctor or provider
  A need for a change in medications

⚠ **Medical Alert – Warning!**



 Frequent dry, hacking cough



 Shortness of breath at rest


 Increased discomfort or swelling in the lower body



 Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)


 New or worsening dizziness, confusion, sadness or depression


 Loss of appetite


 Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.

 Call your physician or call **911**

References

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- Macon, Brindles Lee and Cherney, Kristeen. "Congestive Heart Failure (CHF)." *Healthline.com*, 8 Aug. 2018. Reviewed by Elaine K. Luo, MD. <https://www.healthline.com/health/congestive-heart-failure>. Accessed 7 Mar. 2019.
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- National Heart, Lung, and Blood Institute. "Heart Failure." *NHLBI.NIH.gov*, n.d. <https://www.nhlbi.nih.gov/health-topics/heart-failure>. Accessed 7 Mar. 2019.