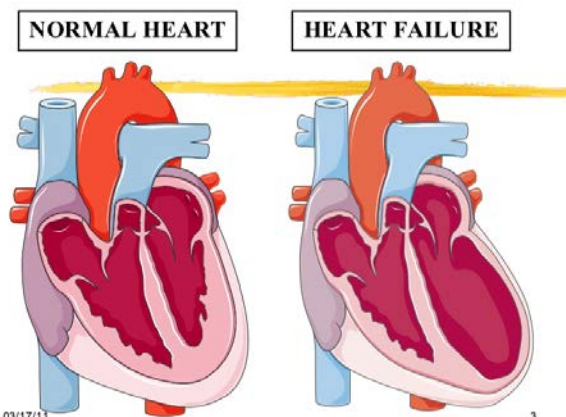


Treatment for heart failure

- Heart failure can cause permanent damage to your heart. It is important to work with your health care provider to improve your symptoms.

Treatment may consist of:

- Life style changes
- Medications
- Devices and surgical procedures



References:

American Heart Association (2017). *Warning Signs of Heart Failures*. Retrieved from www.heart.org/HEARTORG/Conditions/HeartFailure/Warning-Signs-of-Heart-Failure_UCM_002045_Article.jsp#mainContent

http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp

Created by: Kendria Perkins RN, Jacob Tibbs RN, Phyllis Waldron RN, Brittany Winkler RN, & Rachel Workman RN



What is Heart Failure?

- Heart failure is when the heart is not pumping adequately (strong enough) to supply the body with oxygen rich blood.
- Heart failure is a progressive chronic disease, meaning it does not occur suddenly.
- It is important to have regular checkups with your health care provider and bring to their attention any new changes in your health.

Life style changes:

- Stopping smoking
- Losing or maintaining weight
- Tracking daily fluid intake
- Avoiding and limiting alcohol/caffeine
- Eating a heart-healthy diet
- Being physically active
- Managing stress
- Monitoring blood pressure
- Getting adequate rest

Medications:

- Beta blockers
- Angiotensin converting enzymes (ACE) inhibitors
- Angiotensin receptor blockers
- Digoxin
- Diuretics
- Inotropes

Devices and surgical procedures:

- Implantable cardioverter-defibrillator
- Cardiac Resynchronization therapy (CRT) or biventricular pacing
- Left ventricular assist device (LVAD)
- Percutaneous coronary interventions
- Coronary Artery Bypass
- Valve replacement

Warning signs & symptoms of heart failure:

- Shortness of breath during daily activities
- Trouble breathing when lying flat
- Persistent cough or wheezing
- Weight gain with swelling in the feet, legs, ankles, or stomach.
- Excess fluid
- Generally feeling tired or weak
- Lack of appetite or nausea
- Increased heart rate or palpitations
- Confusion or impaired thinking



The following changes occur to the heart during heart failure:

- Heart fails to empty or fill properly.
- The heart is unable to deliver adequate blood to organs/body.
- Increased pressure inside heart leads to congestion in lungs

Changes also occur in other areas in the body

- Blood vessels narrow to try make it easier for the heart to pump enough blood (causes high blood pressure).
- The body moves more blood to the central organs (brain and heart). This causes many of the signs and symptoms of heart failure (swelling in dependent extremities such as lower legs).

While these changes help for a little while, the heart cannot keep up with these compensation methods and heart failure begins to become worse. When the heart can no longer compensate for the demands of the body, people will see the signs and symptoms of heart failure.