

## Patho

**HF-HEART FAILURE** (failure to PUMP forward)  
**HF-HEAVY FLUID** (lungs & body)

## Memory Trick:

**S-Sodium Swells**  
**W-Weight Gain = Water Gain Crisis!**

## Signs & Symptoms

**R-RIGHT** sided HF  
**R-ROCKS** the **BODY** with fluid  
 Peripheral Edema  
 Weight Gain = Water Gain  
 Edema (pitting)  
 JVD (big neck veins)  
 Abdominal Growth  
 Ascites  
 Hepatomegaly (big liver)  
 Splenomegaly (big spleen)

**L-LEFT** sided HF  
**L-LUNG** fluid  
**"Pulmonary Edema"**  
 Crackles "rales" that don't clear  
 with cough (**NOT** rhonchi or wheeze)  
 Frothy Pink "blood tinged" sputum  
 orthopnea -dyspnea while lying flat

## Causes

**R-RIGHT** sided HF  
 Left sided HF can cause Right HF  
 Pulmonary HTN  
 Fibrotic Lungs "stiff lungs"

**L-LEFT** sided HF  
 (weak heart = weak pump)  
 MI (heart attack)  
 Ischemic Heart Disease  
 (CAD, ACS)

## Treatment Priority

**KEY WORDS:** new, sudden, worsening, rapid =  
 Pulmonary Edema **CRISIS** (Lung Fluid)

#1 **Furosemide** "Body Dried" (drain fluid)  
**H-HOB** 45 degrees + (semi fowlers, high fowlers, orthopneic position)  
**O-Oxygen**  
**P-Push Furosemide** + Morphine, Positive inotropes  
**E-End** sodium & fluids (Sodium Swells)  
**NO** drinking fluids + **STOP** IV fluids

## Diagnostic tests

**Labs:** BNP - "Broken Ventricles"

**300- Mild - 600+ Moderate - 900+ SEVERE HF**

**Echo**  
 Ejection Fraction 40% or LESS is HF! (normal-55-70%)  
 LVH-Left Ventricular Hypertrophy

**Hemodynamic Monitor** "Swan Ganz" (Pulmonary artery catheter)  
 CVP (norm: 2-8) Over 8 = NOT GREAT

## Risk Factors

#1 risk factor is HTN  
 ECG Dysrhythmias (Atrial Fibrillation)  
 Valvular Malfunction (mitral valve regurgitation)  
 Cardiomyopathy

## Nursing Care

### DR. BEDS

- D-Diet:** Low SCC (Sodium, Calories, Cholesterol)  
 Low Sodium & Fluid (2L + 2g or LESS/day)  
**NO** OTC meds (Cough or Flu, Antacids or NSAIDS) **NO** Canned or packaged foods (chips, sauces, meats, cheeses, wine)
- R-Risk for Falls!** (Change positions slowly)
- B-Blood Pressure & BNP** (should NOT be increasing)
- E-Elevate HOB & Legs** (with pillows) high fowlers
- D-Daily Weights and I's and O's** (over 3 lbs/day or 5 lbs in 7 days) = Worsening! **NO**
- S-Stairs** (No sex until able to climb 2 flights of stairs without dyspnea)
- S-Stocking** (TED hose) (decreases blood pooling, remove daily)

**NEVER** massage calves (CHF patients) **NO**

## Pharmacology

- A-ACTS** on BP only (not HR)
- A-ACE** (-pril) Lisinopril "chill pril" 1st choice
- A-ARBs** (-sartan) Losartan "relax man" 2nd choice
- A-Avoid** Pregnancy
- A-Angioedema** (Airway Risk) \*only Ace
- C-Cough** \*only Ace
- E-Elevated K+** (normal 3.5-5.0)
- B-BETA BLOCKERS** (-lol) AtenoLOL "LOL = LOW"  
 Blocks both BP & HR (**AVOID** Low HR & BP)  
 Caution: **HOLD** IF:  
**B-Bradycardia** (LESS than 60) & BP low (90/60)  
 only hold if the patient is in an acute exacerbation of CHF  
**B-Breathing** problems "wheezing" (Asthma, COPD)  
**B-Bad** for Heart Failure patients  
**B-Blood** sugar masking "hides S/S" (Diabetics)
- C-CALCIUM CHANNEL BLOCKERS**  
 Calms BP & HR (**AVOID** Low HR & BP)  
 (Nifedipine)  
 -**dipine** "declined BP & HR"  
 -**amilipine** "chill heart"
- D-DIURETICS** Drain Fluid  
**D-Drains** Fluid "Diuresis" "Dried"  
**K+ Wasting**-Furosemide & Hydrochlorothiazide  
 (caution: Low K+, Eat melons, banana & green leafy)  
**K+ Sparing**-Spironolactone "Sparas potassium"  
 (**AVOID** Salt Substitutes, melons & green leafy)
- D-DILATORS** (Vasodilators)  
 Nitroglycerin, Isosorbide  
**Nitroglycerin** "Nitro = Pillow for heart"  
 Caution: **NO** Viagra "afil" Sildenafil = **DEATH!**  
 Nitro drip: **STOP** = Systolic BP below 90 or 30 mmHg Drop  
 Adverse effect:  
 HA= side effect  
 Low BP= adverse effect (SLOW position changes)
- D-DIGOXIN** (Inotropic)  
 Digs for a DEEP contraction  
 Increased contractility  
**Apical** Pulse x 1 minute  
**Toxicity** (over 2.0) Vision changes, N/V **TEST TIP**  
 Potassium 3.5 or less (higher r/t toxicity)

# Human Anatomy Pharmacology Study Guide

**Lingsheng Yao**



## **Human Anatomy Pharmacology Study Guide:**

## Reviewing **Human Anatomy Pharmacology Study Guide**: Unlocking the Spellbinding Force of Linguistics

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