Congestive Heart Disease Outline

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Author Note

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Congestive Heart Disease Outline

1. Identification of Alteration in Health

 A. Definition of disease Congestive Heart Disease (CHD)

1. Role nutrition plays in the prevention of Congestive Heart Disease
2. The impact of diet on disease prevention
3. Types of foods that prevent CHD
4. Etiology/Progression
5. It is caused by the heart’s inability to pump blood as it should.
6. The heart fails to pump and fill blood effectively
7. Caused by other conditions that weaken the hear such as;
	1. Hypertension
	2. Coronary artery disease
	3. Myocarditis
	4. Cardiomyopathy
	5. Faulty heart valves
	6. Heart arrhythmias

Progression

1. Symptoms
2. Dyspnea (shortness of breath)
3. Weakness and fatigue
4. Nausea and lack of appetite
5. Increased urination at night
6. Chest pains –when caused by heart attack
7. Persistent coughing and wheezing with pink blood phlegm
8. Ascites (swelling of the abdomen)
9. Complications
10. Can cause kidney damage
11. Liver damage
12. Heart valve problems
13. Increased heart arrhythmias
14. Treatment

A. Medications

1. Aldosterone antagonists
2. To decrease sodium reabsorption, thus, increasing water excretion by the kidneys.
3. Angiotensin II receptor blockers
4. To increase blood vessel dilation for increased blood flow
5. Beta Blockers
6. They are used to reduce blood pressure.
7. Diuretics
8. Target the kidneys to increase production of urine.
9. Calcium channel blockers
	1. They reduce blood pressure by blocking calcium movement.

Therapy

1. Exercise
2. To increase cardiac system functioning

Surgery

1. Coronary artery bypass grafting (CABG)
2. Restores normal ventricular functioning
3. Valve repair
4. Can be done when the problem is caused by valve issues
5. Device Implant
6. To surgically impact a device to assist the heart to pump blood effectively such as ventricular assist devices, ICDs, and pacemakers.
7. Heart Transplant
8. This is an option when the heart is too damaged to function despite the treatments above.
9. Recommended Diet
10. Sodium free diets – to contain blood pressure
11. Foods with minimal sodium to reduce blood pressure
12. Reduce or eliminate salt in the foods
13. Reduced sugar and fats
	* + 1. It is important to contain weight to improve functioning of the cardiac system
14. Nursing Assessment/Interventions
15. History and physical exam
	1. Assessments
		1. Electrocardiography
		2. Coronary angiogram
		3. Heart CT scan
16. Interventions to reduce risks and enhance heart functioning
	1. Medications
	2. Low sodium diet
	3. Exercise
17. Education
	* + 1. Dieting education
			2. Smoking cessation
			3. Self-care techniques
18. Adherence
	1. Barriers to adherence
		1. Income
		2. Religious beliefs
		3. Psychosocial issues
		4. Fear of side effects
	2. Strategies to promote adherence
		1. Identify cost-cutting strategies
		2. Address mental, psychosocial barriers

References

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