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Objectives

At the completion of this session, participants will be able to:

- Define CHF
- Identify causes and risk factors of CHF.
- Explore symptoms of CHF.
- Discuss diagnostics and treatments for CHF.
- Understand what makes CHF patients hospice eligible.
- Learn useful tips that will help the CNA take care of patients with CHF.

Matters of the Heart

- Heart disease is the number one killer of adults in America
- Nearly one million Americans are hospitalized every year with CHF
- Heart failure is called “end stage” or “advanced” when it progresses to the point where medications no longer control symptoms
- 20% of people with CHF die within 1 year of being diagnosed

Interesting Stuff

- The heart now.....andthen
- Where is it?
- Hardest working muscle
- What makes the sound?
- Beats about 2.5 billion times in a lifetime
- Which beats faster....man or woman???
- How much and how does it pump?

Get the Facts!

- About 5.8 million Americans have congestive heart failure according to the AHA
- Children
- Risk increases with age
- Men vs. women
- Mild vs. severe
- What does race have to do with it?
- Those with diabetes

Circulatory System

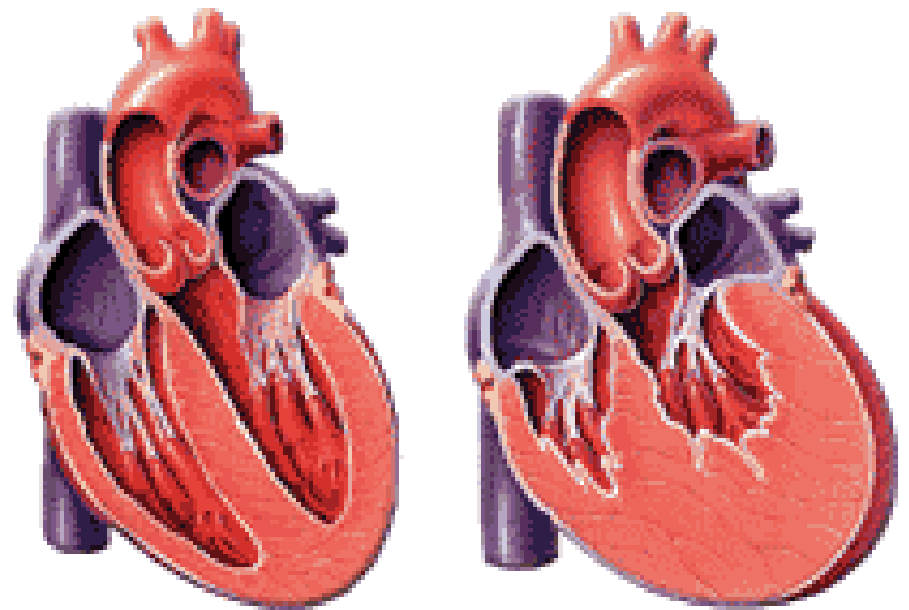
<http://www.youtube.com/watch?NR=1&v=wAlzUuj67LM&feature=endscreen>

CHF

<http://youtu.be/GnpLm9fzYxU>

What is CHF?

- Congestive Heart Failure
- Condition that results from heart damage
- Heart can't squeeze the blood through the body fast enough to keep up



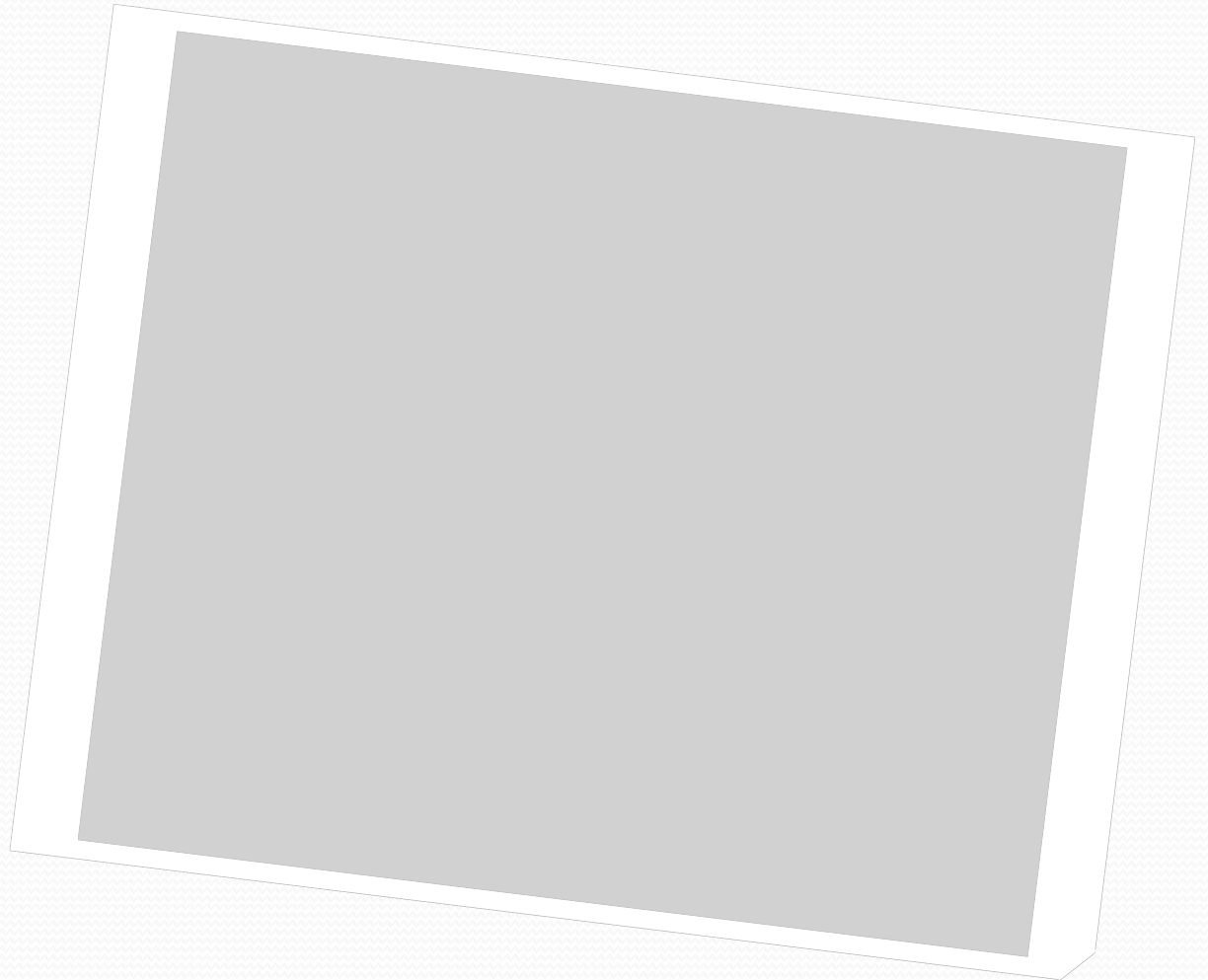
Normal Heart Congestive Heart

Congestive

Definition- to become overfilled or overcrowded.

Blood backs up in the heart and can cause fluid build up

- Lung congestion
- Edema or swelling of different parts of the body



Heart Failure???

- What does this mean?

Left and Right-Sided Heart Failure

Left

- Involves left lower chamber (ventricle)
- Oxygenated blood enters from lungs and gets “stuck”
- Blood backs up causing lungs to get congested

Right

- Usually caused by left sided failure
- Right side tries to make up for left side weakness
- Right then loses its strength
- Causes swelling usually in lower extremities

How Is CHF Diagnosed?

- Chest x-ray
- Listening
- Ultrasound
- EEG
- Stress Test

What Causes Congestive Heart Failure?

- Hardening of arteries
- Untreated high blood pressure
- Severe lung disease
- Uncontrolled diabetes
- Large amounts of alcohol/drugs
- Diseases
- Viruses
- Thyroid disease
- Severe anemia
- Pregnancy
- Increased age
- Damaged tissue due to heart attack
- Birth Defects

Most Common Symptoms:

- Fatigue
- Shortness of breath
- Trouble sleeping
- Coughing
- Edema
- Sudden weight gain
- Abdominal discomfort
- Palpitations
- Confusion and memory loss

How Is CHF Treated?

- Special diets
- Exercise
- Fluid restrictions
- Surgery
- Life style changes
- Medications

Common CHF Medications

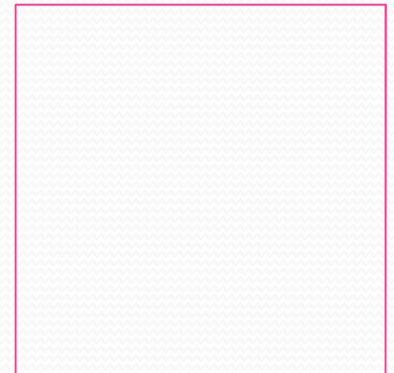
- Diuretics- cause frequent urination
- Ace Inhibitors-may cause dizziness
- Blood thinners-may cause increased bleeding
- Digitalis Medications-may cause increased HR
- Potassium-may cause nausea and diarrhea

Unhealthy Habits = CHF

- Chronic depression
- Smoking
- Lack of sleep
- High fat diet
- High salt diet
- Excess fluid intake
- Lack of exercise
- High blood pressure
- Overweight
- Diabetes
- Stress
- Alcohol/drug abuse

CHF Patients and Hospice

- In order for patients with CHF to be hospice eligible, they must have 1 and 2 present and factors from 3 will add support:
 - 1- The patient is or has been already optimally treated (with medications) for heart disease or are not surgical candidates or decline surgery.
 - 2-Pt. is classified as New York Heart Association Class IV and may have significant symptoms of heart failure or angina at rest.
 - 3-
 - Treatment resistant symptomatic supraventricular or ventricular arrhythmias;
 - History of cardiac arrest or resuscitation;
 - History of unexplained syncope;
 - Brain embolism of cardiac origin;
 - Concomitant HIV disease.



Working With CHF Patients

- May need weights
- Help recognize drug toxicity (digitalis)
- Encourage them to keep a healthy balance between activity and rest.
- On occasion, may need I & O's recorded
- Watch pts. closely

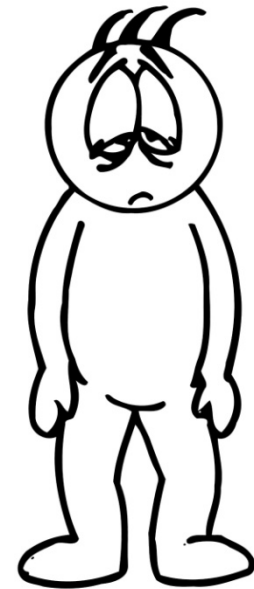
Stress Management-How You Can Help

- Listen
- Music
- Let the patients make choices
- Physical contact
- Encourage laughter
- Be patient



Tips to Avoid Fatigue

- Ask patients to rate their fatigue & report it
- Stay away from activities that bring on fatigue if possible
- Alternate between activity and rest
- Get assistive devices
- Keep pain at a minimum
- Avoid rushing



We Can Help!

- Make sure you have the basic knowledge of the disease process.
 - Learn how to help your patients live with CHF.
 - Give them the tools they need to keep themselves comfortable and as active as possible.
 - Be compassionate and patient!

Resources

- **1999 In the Know, Inc. Updated: 2006**
- **American Heart Association (2012). Heart Failure**
Retrieved from-
http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp
- **Kulick, D. (2011) Congestive Heart Failure**
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http://www.medicinenet.com/congestive_heart_failure/article.htm