



CommCare Corporation

Addressing CHF

Congestive Heart Failure

CHF is a chronic, progressive disease which occurs when the heart doesn't pump as well as it should, and, as a result cells do not receive enough oxygen and nutrient rich blood as they should. With symptoms like fatigue and shortness of breath, everyday activities can become difficult. CHF is the leading cause of hospitalizations in people over the age of 65.

Symptoms include:

- Shortness of breath
- Fatigue
- Edema
- Impaired thinking
- Persistent coughing
- Wheezing
- Lack of appetite
- Increased heart rate

Our Interdisciplinary Approach. . .

Because CHF is irreversible, treatment focuses on slowing the progression of the disease and improving quality of life. Our approach is multidisciplinary and includes our nursing, therapy, dietary, activities and social services departments.

Nursing

- Assess every 8 hours or per physician order & PRN (cardiovascular respiratory assessment)
- Gas exchange monitoring
- Patient teaching
- Monitor fluid balance (I&O, weights, labs & medication management)
- Medication therapy
- Diet recommendations & Education

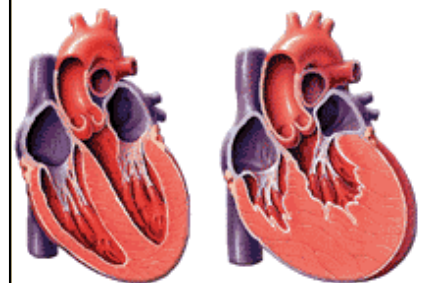
Therapy

- Low intensity exercise to improve strength, endurance & quality of life
- Flexibility restoration
- Goal: Patient understanding of Rated Perceived Exertion & ability to report signs & symptoms of distress.
- Upper & Lower extremity & trunk/core mobility
- Edema Management Education
- Balance assessment
- Goal: Increased capacity for functional mobility
- Energy conservation training

CHF

Management:

- Reduce symptoms associated with CHF
- Maximize strength, endurance, balance & flexibility
- Increase participation in physical & social activities
- Promote independence & improve quality of life
- Minimize frequency of hospitalizations



Normal Heart Congestive Heart