

# LEFT + RIGHT HEART FAILURE

**WHAT?** The **inability** of the heart to provide tissues and other major organs an adequate amount of O<sub>2</sub> (in blood)

> A **chronic condition** with episodes of exacerbation

## CAUSES:

Anything that has **damaged or weakened** the heart (or if the heart becomes too stiff)

- > coronary artery disease / Myocardial infarction
- > Hypertension
- > Damaged heart valves (endocarditis)
- > cardiomyopathy, myocarditis
- > congenital heart defects
- > Dysrhythmias

## RISK FACTORS:

- > HTN, CAD, DM
- > sleep apnea
- > congenital heart defect
- > viruses
- > alcohol / tobacco
- > obesity
- > dysrhythmias

## LEFT SIDED (LEFT=LUNG)

- > **Dyspnea**, SOB, Tachypnea
- > cough, crackles, cyanosis
- > ↓ O<sub>2</sub>, restless, confused
- > Elevated PAWP

V.S.

## RIGHT SIDED (RIGHT= REST OF BODY)

- > Blood pools in the body
- > **Dependent edema**
- > Ascites, Enlarged liver + spleen
- > **JVD**, ↑ weight
- > ↑ peripheral venous pressure

## TREATMENT:

### MEDICATIONS:

- > ACE / ARB's, Beta blockers to ↓ pressure
- > Diuretics to release fluid buildup
- > Digoxin to increase strength of contraction

### SURGERY:

- > CABG: reroute the pumping circulation
- > valve replacement
- > implantable cardioverters (defibrillators)
- > ventricular assist device (VAD)
- > **HEART TRANSPLANT**

## CARE:

1. **LUNGS**: auscultate for crackles/wheezes  
> O<sub>2</sub>, Fowlers position
2. **FLUID VOLUME**
  - > fluid restriction
  - > low sodium
  - > **Daily weights** (2-3lb gain in 1 day → HCP)
3. **Educate** on meds and lifestyle factors