An Introduction to Heart Failure

April 18, 2013

Abstract

An Introduction to Heart Failure gives you a glimpse into a very serious health issue in the United States. As stated at the beginning 5.7 million people in the United States suffer from heart failure. Let us get committed now to teach family members, friends, patients, and ourselves about the risk factors and work to help decrease these numbers. I touch on a variety of points from etiology, types of heart failure, tests for heart failure, medications for heart failure, The Joint Commissions Core Measures for heart failure, and I end with a clinical pathway for heart failure. A reference section is included at the end of the book for ones personal use and that also can be used in patient care. This publication is has 3 contact hours available. There is a form at the end of the book to enable you to send off for these hours. Below you will find the beginning section of the book along with the references used for this book.

This book is available on amazon.com at the following link: http://tiny.cc/3jysvw

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Purpose

The purpose of this article is to provide you with a basic introductory understanding of heart failure.

Objectives

1. Define heart failure.
2. Name the two types of heart failure and define how they differ.
3. Name four precipitating causes of heart failure.
4. Name three medications used in heart failure and their purpose.
5. Name three diagnostic tests used in heart failure.

Heart disease is the leading cause of death in the United States. Heart failure is only one of the many entities that encompass heart disease. According to National Institute of Health 5.7 million people in the United States suffered from some form of heart failure in 2009 and of these 670,000 were first events. [1] Heart failure is not a single disease entity but “a complex clinical syndrome that can result from any cardiac disorder that impairs the ability of the ventricle to either fill properly or eject optimally. This syndrome results in a pathologic state in which the heart is unable to pump enough oxygenated blood to meet the metabolic needs of the body.” [2] The inability of the ventricle to eject properly is systolic heart failure and the inability of the ventricle to fill properly is diastolic heart failure. These are two completely different entities and will be reviewed separately. [1] National Institute of Health. Morbidity and Mortality: 2012 Chart Book on Cardiovascular, Lung, and Blood Diseases. Page 19. [2] Marzlin, Karen M. and Webner, Cynthia L. 2006. Cardiovascular Nursing: A Comprehensive Overview. Page 135-136.
Fig. 1: This book is also available from Alvin & Associates. The price of the book is $15.00 and from this site there will be no shipping/handling charges. Please use the Paypal button at the bottom of the blog page (on the right hand side). Then fill out the contact page with your name, shipping address, and telephone number. My first copies will be in on May 2nd.

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APPENDIX 1

References