

nurse should carefully monitor BP before and after dose administration, observe for symptoms of hypotension, and notify the practitioner if BP is low. Numerous medications affecting the kidney can potentiate renal dysfunction, so children taking multiple diuretics and an ACE inhibitor require careful assessment of serum electrolytes and renal function.

Decrease Cardiac Demands

The infant requires rest and conservation of energy for feeding. Every effort is made to organize nursing activities to allow for uninterrupted periods of sleep. Whenever possible, parents are encouraged to stay with their infant to provide the holding, rocking, and cuddling that help children sleep more soundly. To minimize disturbing the infant, changing bed linens and complete bathing are done only when necessary. Feeding is planned to accommodate the infant's sleep and wake patterns. The child is fed at the first sign of hunger, such as when sucking on fists, rather than waiting until he or she cries for a bottle because the stress of crying exhausts the limited energy supply. Because infants with HF tire easily and may sleep through feedings, smaller feedings every 3 hours may be helpful. Gavage feedings may be instituted to provide adequate nutrition and allow the infant to rest.

Every effort is made to minimize unnecessary stress. Older children need an explanation of what is happening to them to decrease anxiety about their illness and necessary treatments, such as cardiac monitoring, oxygen administration, and medications. Outlining a plan for the day, preparing the child for tests and procedures, providing quiet activities, and providing adequate rest periods are all helpful interventions with older children. Some infants and children require sedation during the acute phase of illness to allow them to rest.

Temperature is carefully monitored because hyperthermia or hypothermia increases the need for oxygen. Febrile states are reported to the physician because infection must be promptly treated. Maintaining body temperature is of special importance in children who are receiving cool, humidified oxygen and in infants, who tend to be diaphoretic and lose heat by way of evaporation.

Skin breakdown from edema is prevented with a change of position every 2 hours (from side to side while in semi-Fowler