

## Heart Failure

### Goals:

- Manage symptoms and improve quality of life.
- Prevent hospitalizations and complications.
- Educate the patient about heart failure and self-care.

### Interventions:

- **Medication Management:** Administer diuretics, ACE inhibitors, or other heart failure medications as prescribed. Monitor for side effects and effectiveness.
- **Dietary Management:** Advise a low-sodium diet to manage fluid retention. Monitor weight daily for signs of fluid accumulation.
- **Activity Management:** Encourage light physical activity tailored to the patient's ability. Advise on the balance between rest and activity.
- **Patient Education:** Educate about signs of worsening heart failure and when to seek medical attention.

### Evaluation:

- **Symptom Monitoring:** Assess symptoms such as shortness of breath, edema, and weight changes. Adjust treatment as necessary.
- **Medication Adherence:** Review adherence to prescribed medications and adjust as needed.
- **Patient Education:** Evaluate patient's knowledge about managing heart failure and making lifestyle adjustments.