

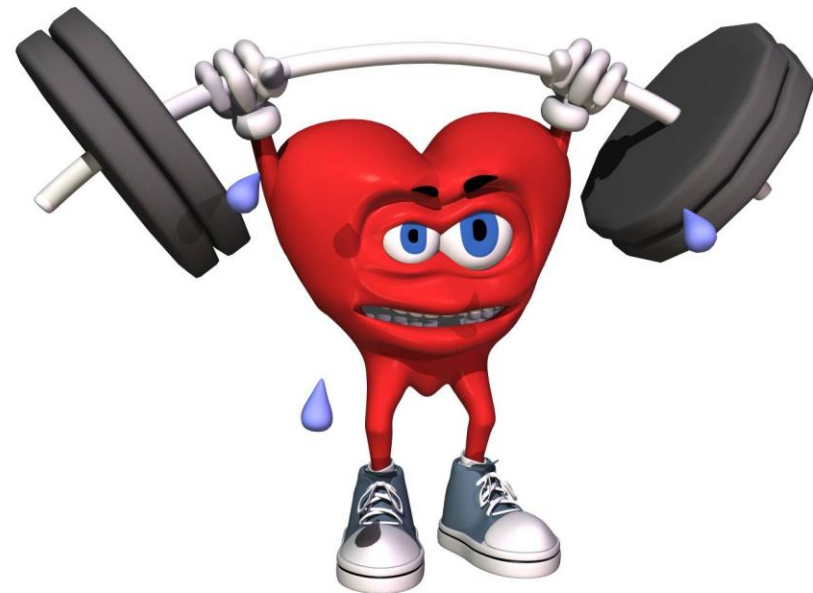
HEART FAILURE

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Definition

Heart failure

In [heart failure](#), the heart cannot pump enough blood through the body. The heart cannot fill with enough blood or pump with enough force, or both. Heart failure develops over time as the pumping action of the heart gets weaker. It can affect either the right, the left, or both sides of the heart. Heart failure does not mean that the heart has stopped working or is about to stop working.

In most cases, heart failure affects the left side of the heart when it cannot pump enough oxygen-rich blood to the rest of the body. When heart failure affects the right side, the heart cannot pump enough blood to the lungs, where it picks up oxygen.

When the heart is weakened by heart failure, blood and fluid can back up into the lungs, and fluid builds up in the feet, ankles, and legs. People with heart failure often experience tiredness and shortness of breath.



Ø Problems & Hypotheses

<u>Fatigability:</u>	<u>Swollen lower limb:</u>	<u>Myocardial infarction:</u>
<ul style="list-style-type: none"> •Heart failure •Angina •Arrhythmia •Valvular disease (stenosis, regurgitation) •Pulmonary hypertension •Pulmonary edema •Metabolic alteration “Acidosis, Alkalosis” •Pericarditis 	<ul style="list-style-type: none"> •Heart failure •Hypotension •Bacterial/ viral infection of lower limb •Nephrotic syndrome •Deep venous thrombosis •Liver disease •Acute arterial ischemia 	<ul style="list-style-type: none"> •Atherosclerosis •Hypertension •Coronary occlusion secondary to vasculitis •Ventricular hypertrophy •Coronary vasospasm •Factors increase O₂ demand (heavy exertion, fever, hyperthyroidism) •Factors decrease O₂ delivery (hypoxemia)

Ø Questions to ask the patient

- Any history of medication?
- Any history of chronic disease (Thyrotoxicosis, Diabetes)
- Any history of hospitalization?
- Any history of cardiac surgery?
- Any familial problem history?
- Any history of Trauma?
- How is the course of symptoms?
- Any history of smoking, alcohol?

causes

- ❖ Myocardial infarction .
- ❖ Coronary artery disease .
- ❖ Valve disease .
- ❖ Idiopathic cardiomyopathy .
- ❖ Viral or bacterial cardiomyopathy .
- ❖ Myocarditis .
- ❖ Pericarditis .
- ❖ Arrhythmias .
- ❖ Chronic hypertension .
- ❖ Thyroid disease.
- ❖ Septic shock.
- ❖ Aneamia .
- ❖ Arterio-venous shunt.



Symptoms

shortness of breath or difficulty breathing.

Coughing

feeling tired

Swelling in :

✓ Ankles.

✓ Feet.

✓ Legs.

✓ Abdomen.



Tests and Diagnosis

- An EKG or ECG -- electrocardiogram--
- A chest X-ray takes a picture of your heart and lungs.
- An echocardiogram
- A Holter monitor
- An exercise stress test reads your EKG



Treatment

There is no cure for heart failure, but it can be controlled by treating the underlying conditions that cause it.

Treatment includes lifestyle changes, medications, and specialized care for those who are in the advanced stages.

Medications include:

Diuretics : These reduce fluid in your lungs and swelling in your feet and ankles

ACE inhibitors : to lower blood pressure and reduce strain on your heart.

Beta blockers : to slow your heart rate.

Digoxin : will help the heart beat stronger and pump more blood.

lifestyle changes include :

- Daily exercise , whit loos

People with severe heart failure may also receive a mechanical heart pump that is placed inside the body , You may also be considered for a **heart transplant**.



COMPLICATIONS

➤ Death

➤ *Impaired Kidney Function.*

➤ Congestion (*Fluid Buildup*).

➤ *Arrhythmias (Irregular Beatings of the Heart)*

➤ *Depression.*



Prevention

- Do not smoke.
- Do not drink alcohol.
- Reduce how much salt you eat.
- Exercise as your health care provider recommends.



Risk Factors

- ❑ People over 65.
- ❑ African-Americans.
- ❑ Men have a higher rate of heart failure than women.
- ❑ **Coronary artery diseases.**
- ❑ Diabetes
- ❑ High blood pressure

