

- Which of the following statements about heart failure (HF) is true?
  - HF was previously known as congestive heart failure.
  - HF is an acute cardiac condition.
  - One of the first compensatory mechanisms of HF is dilatation of the blood vessels.
  - More than 1 million Americans are affected by HF.
- Right-sided HF is usually associated with:
  - damage from a heart attack
  - pulmonary vascular problems
  - infection
  - medication toxicities
- In diastolic HF, what is the distinguishing feature?
  - weakening of the heart's ability to contract
  - narrowing of vessels to maintain BP
  - periodic periods of confusion
  - diminished left ventricular ejection fraction
- Due to the decreased compensatory mechanisms of the heart to prevent HF, the patient begins to develop all of the following symptoms EXCEPT:
  - coughing
  - shortness of breath
  - decreased heart rate
  - fatigue
- According to the 2005 AHA/ACC guidelines for HF treatment, a patient with evidence of HF but no symptoms would be classified as:
  - Stage B
  - Class 1
  - Stage C
  - Class 3
- When instructing patients with HF on lifestyle changes, the nurse includes all of the following EXCEPT:
  - commit to weighing yourself weekly
  - limit alcohol intake to one drink per day
  - maintain a 2-3 g sodium restriction in your diet
  - receive the pneumococcal and annual flu vaccines to prevent upper respiratory infections
- To reduce fluid overload in patients with HF, which type of diuretic is started initially, according to the AHA/ACC guidelines?
  - natural
  - osmotic
  - aldosterone agonist
  - loop
- Digoxin is included in the treatment plan of a patient with HF to control symptoms of fatigue and if the patient has:
  - frequent premature ventricular contractions
  - atrial fibrillation
  - heart block
  - myocardial ischemia
- When a patient in advanced HF is receiving an aldosterone antagonist, the nurse knows to monitor the patient's:
  - plasma sodium
  - renal function
  - plasma proteins
  - serum calcium
- The approach to treating patients with HF, according to the standard guidelines, is all of the following EXCEPT:
  - lifestyle adjustments
  - pharmacological therapies
  - surgical interventions
  - complementary and alternative therapies

## Evaluation

- I can describe the differences between systolic, diastolic, right and left heart failure.
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- I can discuss the education of patients on appropriate lifestyle changes in the early stages of heart failure.
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- I can compare the pharmacologic management of systolic vs. diastolic heart failure.
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- The objectives relate to the overall goal of the article.
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- The article is well-written and logically organized, and defines terms adequately.
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree

# Heart Failure

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## Registration/Answer Form #363

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- A B C D
- A B C D
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- A B C D
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- A B C D

### EVALUATION

- A B C D E
- A B C D E
- A B C D E
- A B C D E
- A B C D E

How many minutes did you need to complete this CE offering?

Minutes: \_\_\_\_\_

Before July 18, 2013, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: *ADVANCE for Nurses*, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.

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 Nursing Administrator  
 Nursing Faculty  
 Private Practice  
 Staff Development  
 Staff Nurse  
 Program Director

Nursing School Student  
 RN  
 LPN  
 Grad. date \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Senior  
 Non-Senior (Digital Only)  
 Nursing School:

### LPN

- Manager/Supervisor  
 Nursing Administrator  
 Nursing Faculty  
 Private Practice  
 Staff Development  
 Staff Nurse

**PRACTICE SETTING** that best describes your setting (fill in just one circle completely)

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