

Case study 2

[Health & Medicine, Nursing](#)



Cardiomyopathy-Case Study Cardiomyopathy-Case Study Introduction

Cardiomyopathy is a heart muscle disease in which the heart muscles become weak resulting in the inability to pump blood to an individual's body. Such a condition usually results into a heart failure or inconsistent heartbeat (Maron, 2008). The heart failure sometime results in the build up of fluid within the lungs, feet, abdomen, ankles and legs. This is the disease that Mr. P is suffering from based on the descriptions of his health conditions. However, this disease is controllable and treatable as long as an individual takes precautionary measures regarding its causes and symptoms. This paper will describe the approach to care that is necessary to be given to Mr. P and the treatment plan. The paper will also describe the methods for providing both the patient and family members with education. In order to give the proper care needed for any sickness, the care provider should first seek the doctors' guidance. Since Mr. P is suffering from heart failure, it would be necessary that a follow up is made to ensure that he uses the prescribed drug as required without missing a single prescription. The care will also involve ensuring that Mr. P visits the hospital at the right time. It is also essential that care should involve provision of moral support. In this case, he should be provided with all assistance needed, especially with activities that he cannot do due to his condition (Maron, 2008).

The treatment plan of cardiomyopathy and heart failure is to cope with the disease symptoms and signs. It also involves ensuring that the condition is not left to worsen and risks and complications are minimized. The recommended treatments for Mr. P regarding his health status include the use of angiotensin-converting enzyme (ACE) inhibitors. This enzyme assists

in boosting heart pumping aptitude. The enzymes include lisinopril, enalapril, captopril, and ramipril. In case he is not able to take ACE, he should be given angiotensin receptor blockers such as valsartan and losartan. This should be taken in accordance with doctor's prescriptions.

Cardiomyopathy can also be treated using Digoxin (lanoxin) drug. This drug helps in increasing the strength of the patient's heart muscle contraction.

The drug is also said to slow down rate of heartbeat. It minimizes symptoms of heart failure thereby improving the patient's ability to live with the disease (Maron, 2008).

Since Mr. P has some traces of blood fluid in his lungs, it would be necessary that he be given Diuretics water pills that make the patient urinate frequently thereby preventing a lot of fluids from accumulating in his body.

The drug comes in the name of Furosemide (laxis) and bumetanide (Bumex). This drugs also decreases level of fluid in the lungs for the patient to be able to breathe freely and easily (Maron, 2008).

Other treatment methods available include the application of septal myectomy which involves heart operation. Under this treatment, the doctor removes the overgrowth that may be in the heart muscles. The treatment may also involve the application of septal ablation, pace maker implantation, heart transplant among others (Maron, 2008).

Since both the patient and the family members are affected by the effects of the disease, it is crucial that they get educated on how to cope with the disease. The best way of carrying out this education is organizing a counseling session for both the patient and the family members in an enclosed room. A specialist doctor or a nurse should then educate them on

the best way of managing the disease.

Teaching Plan

Patient Name

Client's Initials

Client's Age

Date

P.

P

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Nursing Diagnosis: Heart Failure

Client Learning Outcome

Teaching Strategies & Resources

Criteria and Means of Evaluation

Diagnosis & Evaluation

Introduction to the heart and heart failure

Informal counseling session

Notebook

Picture of the heart

Ask simple questions regarding heart disease/failure

Discuss the answers given by students

Causes of heart failure

Informal counseling session

Notebook

Relevant pictures

Ask simple questions regarding causes of heart disease/failure

Discuss the answers given by students

Symptoms of heart failure

Informal counseling session

Notebook

Ask simple questions regarding the symptoms heart disease/failure

Discuss the answers given by students

How to manage heart failure

Informal counseling session

Notebook

Heart failure Drugs

Ask simple questions

Discuss the answers given by students

References

Maron, B. (2008). *Diagnosis and Management of Hypertrophic Cardiomyopathy*. New Jersey: John Wiley & Sons.