

Congestive Heart Failure: Treatment

- Treatment Goals
 - Reduce Volume Overload
 - Reduce workload of the heart
- Can the heart be fixed?
 - Valve repair or replacement
 - CABG
 - Pacemaker
 - VAD
 - Heart transplant
- Can the burden on the heart be lessened?
 - Decrease fluid overload (monitor for K⁺ imbalances)
 - Decrease blood pressure (monitor for hypotension)
- Diuretics
 - Increase urine output and decrease fluid overload; always monitor for hypotension and kidney stress (monitor serum creatinine)
 - Thiazides and loop diuretics
 - ✦ Monitor for hypokalemia
 - K⁺-sparing diuretic
 - ✦ Monitor for hyperkalemia
- Beta-Blockers: block binding of NE to B1 adrenergic receptors—decrease HR and contractility
- ACE Inhibitors: block formation of AII and lower blood pressure via vasodilation and a decrease in aldosterone (ACE = Angiotensin Converting Enzyme)
- ARBs (Angiotensin Receptor Blockers) decrease AII activity by blocking AII receptors