

Congestive Heart Failure (CHF) is a condition where the heart is unable to pump blood effectively, leading to a buildup of fluid in the lungs and other tissues. Symptoms include shortness of breath, fatigue, swollen legs, and rapid heartbeat. CHF can result from conditions that weaken the heart muscle, including coronary artery disease, high blood pressure, and previous heart attacks.

FOCUS OF CARE

Managing symptoms such as edema and shortness of breath, monitoring and adjusting medications, providing dietary advice for fluid and sodium restriction, and educating about self-monitoring techniques.

PT / PTA	OT / COTA	SLP
<p>Focus: Cardiac efficiency</p> <p>Exercises: Light aerobic, breathing exercises</p>	<p>Focus: Energy Conservation</p> <p>Adaptations: Daily activity modifications, fluid management education</p>	<p>Focus: Enhance respiratory support for speech, improve swallowing safety</p> <p>Interventions: Breathing exercises, swallowing techniques, speech therapy</p>

TREATMENT GOALS

- Improve or maintain exercise tolerance and functional capacity
- Reduce hospital readmissions related to heart failure exacerbations
- Educate on dietary needs to manage waste product levels
- Provide education to improve lifestyle choices and adherence to medical advice
- Enhance patient autonomy in managing symptoms and treatment
- Controlling fluid through position changes and pumps (if applicable)

TESTS AND MEASURES TO UTILIZE

1. New York Heart Association (NYHA) Functional Classification
2. Daily weight measurements to monitor fluid balance
3. Six-Minute Walk Test (6MWT) for assessing endurance

KEY EXERCISES

1. Aerobic exercises like walking or stationary cycling at a controlled pace
2. Gentle resistance training to maintain muscle strength
3. Breathing exercises to improve lung function
4. Flexibility exercises to enhance overall mobility

RECOMMENDED EXERCISES FOR HEP

1. Endurance / AA / Walk
2. Endurance / AA / LIA
3. Flexibility & ROM / LB / CalfStretch
4. Flexibility & ROM / LB / HamStretch