

# Prevention and Treatment Strategies for **Congestive Heart Failure**

Heart Failure is a chronic condition  
requirement management of  
symptoms to prevent exacerbations  
and hospitalizations.



**Encourage Smoking Cessation** - if your resident is a smoker, provide education and resources to decrease or eliminate smoking.

**Provide Heart Healthy Nutrition** - work with your provider to limit sodium, cholesterol, and fats in your resident's diet.

**Promote Activity** - consult with healthcare team's activity plan and assist resident in maintaining their optimal activity tolerance.

**Evaluate For Swelling** - check your residents lower extremities for swelling and report changes to provider.

**Monitor Oxygen Demands**- observe resident for changes in baseline oxygen requirements or increased shortness of breath.

**Administer Prescribed Medications** - provide medications order by provider that treat the underlying causes and symptoms of CHF.