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# Cardiomyopathy

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. **The client/caregiver can define cardiomyopathy.**
  - A. There is a chronic condition with structural changes in the heart muscle.
  - B. The heart muscle loses its ability to pump blood efficiently and is a chronic condition often resulting in heart failure.
  - C. There are three major types of cardiomyopathy: dilated, hypertrophic, and restrictive.
  
- II. **The client/caregiver can recognize signs and symptoms of cardiomyopathy.**
  - A. Shortness of breath (dyspnea) on exertion and when lying down
  - B. Fatigue leading to decreased activity tolerance
  - C. Swelling of the legs
  - D. Palpitations
  - E. Chest pain
  - F. Fainting, lightheadedness, or passing out after activity
  - G. Low amount of urine during day but need to urinate at night
  - H. Possible cough
  
- III. **The client/caregiver can list factors that will help manage the disease.**
  - A. Encourage healthy weight
  - B. Follow dietary instructions such as fluid restriction and low-sodium diet
  - C. Avoid the use of tobacco, alcohol, and caffeine-containing products
  - D. Receive pneumonia and influenza vaccinations
  - E. Monitor the level of activity/exercise for signs of dyspnea or chest pain
  - F. Restrict driving if syncope is common symptom
  - G. Monitor for irregular pulse or rapid heart rate

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- H. Take medication as ordered by physician
  - I. Use of oxygen as needed and ordered
  - J. Relaxation and positive-thinking techniques
  - K. Monitor for depression or social isolation
- IV. **The client/caregiver can list complications of cardiomyopathy.**
    - A. Pulmonary diseases that compromise cardiac function
    - B. Need for various cardiac surgeries, pacemaker insertion, implanted automatic defibrillator, dynamic cardiomyoplasty surgery, or even heart transplant.
    - C. Formation of blood clots

## RESOURCES

National Heart, Lung, and Blood Institute (NHLBI)  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Support groups such as Mended Hearts  
[www.mendedhearts.org](http://www.mendedhearts.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

Advance directives (American Medical Association)  
[www.medem.com/index.cfm](http://www.medem.com/index.cfm)

Hospice

## REFERENCES

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- Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.