

# Decreased Cardiac Output Nursing Care Plan

## Patient Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Gender: \_\_\_\_\_

Patient ID: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Assessment

Assessment	Rationale	Notes/Referral
<b>Vital Signs:</b>	Continuous monitoring of heart rate and blood pressure is crucial. Initially, increased heart rate and blood pressure might compensate for decreased output. Later, blood pressure may drop, leading to hypotension.	
<b>Respiratory Assessment:</b>	Observing breath sounds, rate, pattern, and oxygen saturation is essential. Reduced cardiac output can induce shortness of breath, abnormal breath sounds like crackles, and compromised oxygen levels.	
<b>Cardiac Rhythm and Sounds:</b>	Regular assessment of heart rhythm and sounds is vital. Reduced output can lead to arrhythmias like atrial fibrillation or vice versa. Changes in heart sounds may indicate heart failure.	
<b>Peripheral Indicators:</b>	Checking peripheral pulses provides insight into tissue perfusion. Decreased or weak pulses can signify poor perfusion due to decreased cardiac output.	

<b>Skin Assessment:</b>	Evaluating skin color, temperature, and moisture helps detect poor tissue perfusion. Cool, clammy, or pale skin indicates decreased oxygen delivery to tissues.	
<b>Mental Status Examination:</b>	Altered mental status might manifest due to decreased oxygenation. Confusion can be an indicator of reduced cardiac output affecting cerebral perfusion.	
<b>Laboratory and Imaging Studies:</b>	Analyzing lab results and imaging studies aids in identifying underlying causes contributing to low cardiac output.	
<b>Fluid Monitoring:</b>	Close monitoring of weight, intake, and output is crucial. Fluid retention can exacerbate symptoms related to decreased cardiac output.	
<b>Activity Level Monitoring:</b>	Patients might experience increased fatigue due to reduced cardiac output. Monitoring activity levels helps manage energy expenditure and fatigue.	

## Interventions

Intervention	Rationale	Notes/Assessment
<b>Medication Management:</b>	<p><b>Inotropes:</b> These medications (e.g., dobutamine) increase myocardial contractility, improving cardiac output.</p> <p><b>Vasopressors:</b> Drugs like norepinephrine can elevate blood pressure, supporting cardiac output by enhancing peripheral vascular resistance.</p>	
<b>Oxygen Therapy:</b>	<b>Supplemental Oxygen:</b> Ensures adequate oxygenation, compensating for reduced oxygen delivery due to decreased cardiac output.	

<p><b>Fluid Management:</b></p>	<p><b>Diuretics:</b> Reduce fluid retention, alleviating the workload on the heart and improving cardiac function.</p> <p><b>Fluid Restriction:</b> Prevents excessive fluid accumulation, aiding in reducing preload on the heart.</p>	
<p><b>Monitoring and Supportive Measures:</b></p>	<p><b>Hemodynamic Monitoring:</b> Using tools like central venous catheters or pulmonary artery catheters to assess cardiac function and guide interventions.</p> <p><b>Continuous ECG Monitoring:</b> Identifying and managing arrhythmias that can contribute to decreased cardiac output.</p> <p><b>Close Observation:</b> Regular assessment of vital signs, peripheral perfusion, mental status, and oxygenation to monitor changes in the patient's condition.</p>	
<p><b>Treatment of Underlying Causes:</b></p>	<p><b>Addressing Coronary Artery Disease:</b> Revascularization procedures (angioplasty, stenting, bypass surgery) to improve blood flow to the heart.</p> <p><b>Managing Valve Diseases:</b> Surgical repair or replacement of damaged heart valves to optimize cardiac output.</p>	
<p><b>Lifestyle Modifications:</b></p>	<p><b>Dietary Changes:</b> Reducing sodium intake to manage fluid retention and maintaining a heart-healthy diet.</p> <p><b>Exercise Programs:</b> Supervised physical activity tailored to the patient's condition to improve cardiovascular fitness.</p>	

<b>Patient Education:</b>	<b>Medication Adherence:</b> Educate patients about prescribed medications, their importance, and potential side effects.  <b>Symptom Recognition:</b> Teaching patients to recognize symptoms of worsening cardiac function and when to seek immediate medical attention.  <b>Self-Care Management:</b> Guidance on managing fluid intake, diet, activity levels, and recognizing signs of fluid overload or exacerbation of symptoms.	
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**Physician's Notes and Recommendations**

**Physician's Signature:**

**Date:**