

Beta-Adrenergic Blockers "-olol" (Antagonists)

Slow heart rate and reduce BP

(Negative) inotropic effect

Reduce workload of heart

PROTOTYPE DRUG

metoprolol (Lopressor, Toprol XL)

ADVERSE EFFECTS

Fluid retention

Worsening of HF

Fatigue

Hypotension

Bradycardia

Heart block

MECHANISM OF ACTION

Block cardiac action of SNS to slow HR and BP, reducing workload of the heart

PRIMARY USE

Reduce symptoms of HF

Slow progression of disease

(Metoprolol also approved for angina, HTN and reducing cardiac complications following an MI)

NURSE'S ROLE

MONITOR FOR:

worsening symptoms

liver function/hepatic toxicity

Be aware of **contraindications**:

-- (patients with cardiogenic shock, sinus bradycardia, heart block greater than 1st degree, hypotension, and overt HF.)

-- (Use with caution in patients with asthma and those with a hx of bronchospasm bc the drug may affect beta2 receptors at high doses.)

PATIENT TEACHING:

monitor BP

report pulse below 50

report s/s of worsening HF

do not stop taking abruptly

