Module C-3: Application of the Nursing Process in Caring for the Adult Patient with Common Problems of the Cardiovascular System

1. Statement of Purpose

As an individual matures the cardiovascular system may encounter stress which results in a variety of health problems. The role of the nurse is to provide appropriate nursing care, health promotion, maintenance, and rehabilitation, which become the keystone to better health for the individual, family and the community. Quality care which meets to the health needs of every individual is the responsibility of the nurse.

2. Terminology

Pericarditis
Myocarditis
Endocarditis
Atherosclerosis
Arteriosclerosis
Plaque
Collateral Circulation
Hyperoxemia
Hypoxemia
Angina Pectoris
Ischemic Heart Disease
Myocardial Infarction
Endarterectomy
Thrombus
Emboli
Digitalis Toxicity
Rotating Tourniquets
Cardiogenic Shock
Dysrhythmias (classifications)
Hypertension
Raynaud's Disease
Buerger's Disease
Varicose Veins

3. Classroom Objectives

3.1 a. Identify common conditions of the cardiovascular system that results in problems for the adults
b. Plan nursing care for an adult patient with a cardiovascular problem. Include:
1) Pathophysiology
2) Diagnostic tests
3) Pharmacologic agents
4) Nutritional requirements
5) Teaching/learning needs
6) Nursing interventions
7) Growth and developmental needs
8) Coping mechanisms
9) Legal/ethical issues
10) Cultural aspects
11) Psychosocial results

c. Identify possible infectious processes that result in cardiovascular problems in the adult.
d. Discuss health teaching needs of patients with cardiovascular problems.
e. Identify pre and postoperative care of patients with common surgical procedures related to the cardiovascular system.
f. Complete a plan of nursing care for the adult patient with common complications of cardiovascular surgery.

*** Not required of the VN student.

3.2 Learning Activities
a. Know terminology
b. Review assigned audio-visual materials, computer programs and journal articles.
c. Using simulated situation, develop a plan of care for patients with common cardiovascular problems.
d. Discuss the psychological implications for the patient with a chronic cardiovascular problem.

3.3 References
a. Current textbooks

4. Clinical Objectives
a. Provide nursing care for patients with a variety of cardiovascular conditions.
b. Prepare patients for diagnostic procedures.
c. Administer medications (oral and parenteral, except IV) to patients with cardiovascular problems.
d. Complete a nursing care plan for a patient with a cardiovascular problem.
e. Assist with medical procedures relevant to cardiovascular patients as possible.
f. Prepare a teaching plan for a cardiovascular patient. Include family needs in the teaching plan.

*** Not required of the V.N student.
5. **Skills Laboratory Requirements**

   a. Continue with cardiovascular assessments.
   b. Examination of thorax