

## A DISEASE PROCESS MODULE:

# COMMON CARDIAC CONDITIONS



...Developing top-notch caregivers, one inservice at a time.



*A Disease Process Module:*  
**Common Cardiac Conditions**

We hope you enjoy this inservice, prepared by registered nurses especially for caregivers like you!

## Instructions for the Learner

*If you are studying the inservice on your own, please do the following:*

- Read through **all** the material. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask your supervisor.
- Take the quiz. Think about each statement and pick the best answer.
- Check with your supervisor for the right answers. You need **8 correct** to pass!
- Print your name, write in the date, and then sign your name.
- Email In the Know at [feedback@knowingmore.com](mailto:feedback@knowingmore.com) with your comments and/or suggestions for improving this inservice.

**THANK YOU!**

**After finishing this inservice, you will be able to:**

*Describe how a normal heart functions.*



*List the main symptoms associated with CHF, CAD, high blood pressure, and heart attacks.*



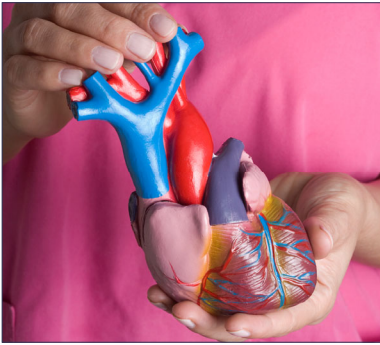
*Detect and respond appropriately to symptoms of edema, angina, and heart attack.*



*Help clients choose behaviors that decrease their risks for developing cardiac conditions.*



*Demonstrate skills that prevent, treat, and manage cardiac conditions in your daily work with clients.*



## Inside This Inservice:

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# in the know

## CAREGIVER TRAINING

### A Disease Process Module: Common Cardiac Conditions

## THE FACES OF HEART DISEASE

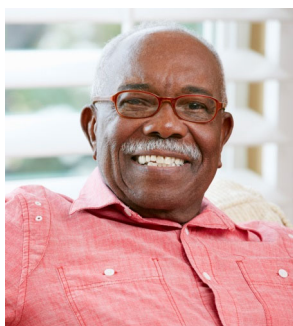


**Meet Rita.** Rita didn't know that the occasional fatigue and nausea she felt could be symptoms of heart disease. She didn't have any of the classic signs and didn't know the more subtle symptoms common to women. Besides, they were there one day and gone the next.

Fortunately, Rita had a routine EKG for an unrelated medical procedure that showed an abnormal heart rhythm and a blockage in an artery supplying blood to her heart muscle.

**And this is Frank.** Frank was doing some yard work when he felt tightness in his chest. He convinced himself it wasn't serious, but his pacemaker told a different story.

Frank's pacemaker recorded the event which alerted his doctor to perform some tests. The tests revealed that Frank had a blockage in a blood vessel putting him in danger of having a heart attack.

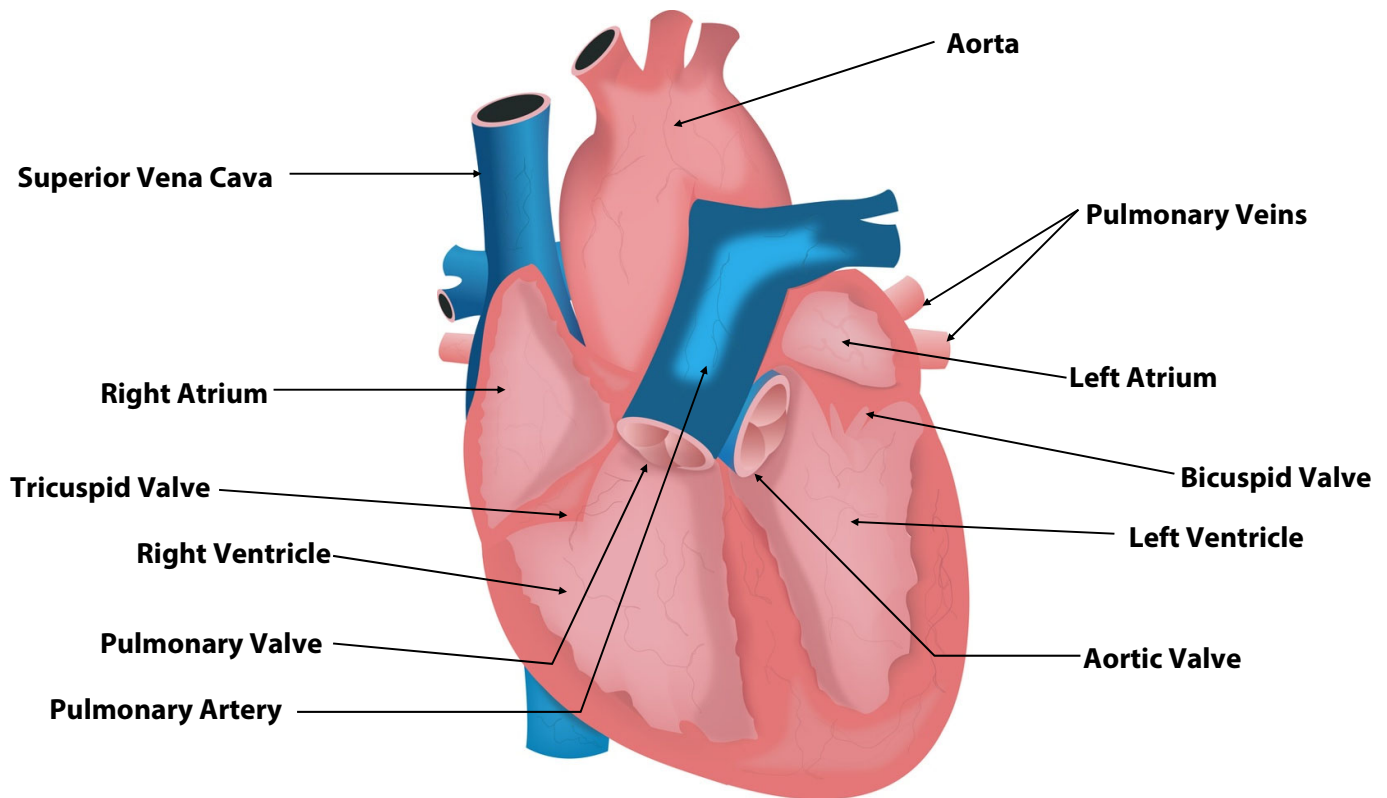


**Ron's Heart Attack.** Ron and his wife got in their car to go have dinner with their daughter. But they only made it as far as the end of the driveway.

That's when Ron suddenly slumped over, unconscious in his seat. His wife drove to the nearest hospital, where he received CPR in the parking lot before being rushed inside. Soon, he was being airlifted to a nearby hospital for emergency heart surgery.

**Keep reading to learn all about the things that can go wrong with the heart. You'll learn about the problems that Rita, Frank, and Ron experienced and you'll learn what you can do to help. You also discover that many of the common cardiac conditions we see today can be prevented, and you play a major role in helping clients prevent common cardiac conditions!**

## A CLOSER LOOK AT THE HEART



### Follow Blood's Path Through the Heart

1. De-oxygenated blood (blood that has dropped off its oxygen to places in the body) enters the heart through the **SUPERIOR VENA CAVA**.
2. The first stop is the **RIGHT ATRIUM**.
3. When the right atrium becomes full, the **TRICUSPID VALVE** opens, allowing the blood to enter the right ventricle.
4. When the right ventricle becomes full, it contracts (squeezes) and pushes the blood through the pulmonary valve into the pulmonary artery.
5. The **PULMONARY ARTERY** carries blood out of the heart, into the lungs, to pick up oxygen.
6. The oxygenated blood re-enters the heart through the **PULMONARY VEINS**.
7. The blood stops to collect in the **LEFT ATRIUM**.
8. When the left atrium becomes full, the **BICUSPID VALVE** opens, sending the blood into the **LEFT VENTRICLE**.
9. When the left ventricle becomes full, it contracts with enough force to push the blood up through the **AORTIC VALVE** into the aorta.
10. Oxygenated blood in the **AORTA** is pushed out of the heart and into the body so it can deliver oxygen to every body part and organ.

**WHAT'S  
NEW?**

Grab your favorite highlighter! As you read this inservice, **highlight five things** you learn that you didn't know before. Share this new information with your co-workers!





# SPOTLIGHT ON CONGESTIVE HEART FAILURE (CHF)

## WHAT IS CHF?

### The heart has two jobs . . .

- The first job is to continuously pump the de-oxygenated (used) blood to the lungs to pick up oxygen.
- The second job is to pump that freshly oxygenated blood out of the heart and into the entire body to nourish all those muscles and organs.

With heart failure, oxygenated blood enters the left side of the heart from the lungs, but the ventricle can't pump hard enough to push all the blood out to the body, so some is left behind. (*Refer back to page 2 to see where this is happening.*)

- The blood backs up, causing fluid to leak back into the lungs. This is known as **LEFT-SIDED HEART FAILURE**.
- When fluid backs up into the lungs, the client will have difficulty breathing. This is called pulmonary congestion.
- Heart failure can happen on the right side, too. Blood enters the right ventricle as it should, but the ventricle can't pump hard enough to get the blood into the lungs, so some is left behind. This is called **RIGHT-SIDED HEART FAILURE**.

The kidneys respond by causing the body to retain water and sodium. Fluid builds up in the legs, ankles, and feet. This is called edema. (You'll learn more about edema on page 7.)

The body becomes "**congested**" with fluid. This is why it is called "congestive" heart failure.

Over time, blood left behind *stretches* the ventricles, and they become even weaker, like a worn out rubber band.



## SIGNS AND SYMPTOMS OF CHF:

- **Fatigue**—Fatigue is often the first symptom of CHF. However, it usually goes unreported until it becomes severe.
- **Dyspnea** (Shortness of Breath)—Dyspnea is another early symptom of heart failure. It can happen:
  - ⇒ **At rest**, while just sitting and relaxing.
  - ⇒ **On exertion**, while doing routine activities like walking or housework.
  - ⇒ **When lying down**. These clients will often sleep sitting up in a chair.
- **Sudden Weight Gain**—It is not unusual for people with CHF to gain weight in a short period of time due to fluid retention.
- **Edema**—Edema is swelling, especially in the legs, feet, and abdomen.

## HOW YOU CAN HELP:

**Check Daily Weight**—Weigh your clients on the same scale, at the same time of day, and wearing the same amount of clothing to check for increasing congestion and edema.

**Monitor vital signs closely**—Medication doses will be adjusted daily based on blood pressure results taken by you. Be sure to get accurate and timely results, and report your findings to the nurse.

Respiratory rates should be assessed accurately and on time. Any respiratory rate that falls outside the normal range of 12-20 should be reported immediately.

**Record strict I & O**—People with CHF who take in more fluids than they excrete will develop edema.

**Plan for rest and breaks**—Alternate periods of activity with periods of rest. Avoid rushing your CHF clients and allow for periodic rest breaks. (Plan for ten to fifteen minutes of rest for every hour or two of activity.)

# SPOTLIGHT ON CORONARY ARTERY DISEASE (CAD)

## WHAT IS CAD?

The heart pumps blood (which carries oxygen) all over the body. It travels through the arteries. Every part of the body needs oxygen, including the **muscles of the heart**.

- **Someone with CAD has a problem with blood flow in the arteries that carry oxygen to the muscles of the heart.**

People with CAD have a disease that “gunks up” the arteries called atherosclerosis (say: ath-uh-row-skluh-row-sus). (You can learn more about atherosclerosis in our inservice on *Common Vascular Conditions*.)

Without treatment, the artery may narrow (not allowing enough blood to flow through), or it can become blocked all together—and NO blood will get through.

If blood cannot get to the heart, the area that is not getting the blood will die. This is a heart attack. (More on heart attacks on page 5 of this inservice.)

## WHAT CAUSES CAD?

There are two types of risk factors for CAD—those that can be controlled and those that cannot.

Factors that **cannot be controlled** include **age** (being over 65), **race** (white, middle-aged men are the largest group of people who have CAD), and **family history of heart disease**.

Factors that **can be controlled** include:

- **High cholesterol:** This is the number one cause of CAD.
- **High blood pressure:** High blood pressure damages the inner walls of the arteries and creates a great place for those globs of fat to stick!
- **Cigarette smoking:** Smokers are 6 times more likely to have CAD than non-smokers.
- **Not enough exercise:** Exercise helps to control weight, blood pressure, and cholesterol, all of which are risk factors for CAD!



## SIGNS AND SYMPTOMS OF CAD:

The most common symptom of CAD is angina. Angina simply means “chest pain.” Most people describe angina pain as a feeling of pressure or tightness in the chest, neck, jaw, shoulder, or arm.

**Signs that your client is having chest pain from angina include:**

- Rubbing the left side or middle of the chest.
- Complaining of pain in the left arm, neck, or left side of the jaw.
- Sweating.
- Pale skin.
- Feeling dizzy.
- Having trouble breathing.

## HOW YOU CAN HELP:

**Medication**—Clients with angina will have a medication called nitroglycerin. It might be a tablet, a patch or even a spray. Nitroglycerin causes the arteries to relax and open so blood can flow.

- **In facilities**, report your client’s symptoms of angina right away so medication can be administered.
- **In home care**, you are not allowed to “give” any medications. But, it may be helpful for you to go and get your client’s medication so he or she can take it.

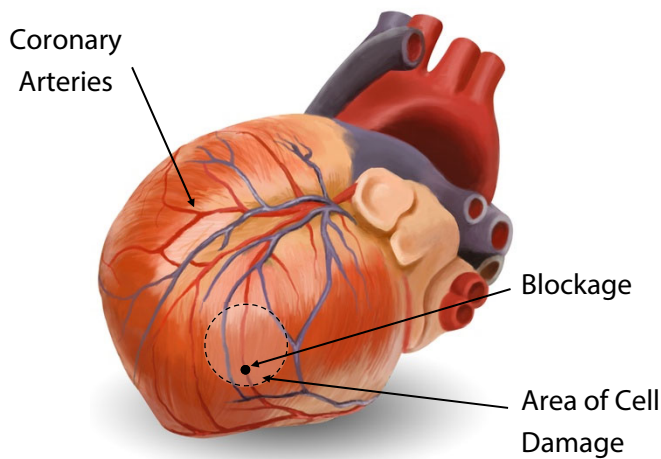
**Rest**—Exercise, stress, and becoming too excited can cause the pain to start. When the pain starts, help your client sit in a comfortable position and rest. Usually the pain will stop after 10-15 minutes of rest.

**PREVENTION**—Clients with angina should not:

- Exercise too hard or too long.
- Eat large meals.
- Become too stressed or too excited.

# SPOTLIGHT ON HEART ATTACKS

## WHAT IS A HEART ATTACK?



Remember, when a person has coronary artery disease (CAD), the blood vessels in the heart become hardened and brittle as plaque builds up inside the vessels' walls.

Eventually, the force of blood (blood pressure) disrupts the plaque, leaving a wound on the inside the blood vessel.

The blood vessel repairs itself by building a clot over the wound to heal it (like a scab on a cut). And, the blood vessel constricts (squeezes smaller) to help close the wound.

This clot combined with the squeezing blocks the flow of blood in the artery.

Without blood flow, the area of the heart that the vessel supplies with oxygen will die. This is a heart attack.

***Heart cells can only handle about 20 minutes without oxygen before they begin to die. That's why immediate treatment is so important!***

## WHO IS AT RISK?

The risk factors for having a heart attack are the same as the risk factors for Coronary Artery Disease (CAD).

There are risk factors that can't be controlled, like age and family history. And there are risk factors that can be controlled, such as weight, blood pressure, smoking, and exercise.

## WARNING SIGNS OF A HEART ATTACK INCLUDE:

- Pain, pressure, fullness, or squeezing in the center of the chest—*the pain lasts more than a few minutes and does not go away with rest.*
- Pain that spreads to the shoulders, neck, or arms.
- Feeling dizzy, sweaty, weak, or short of breath.
- Nausea (feeling the need to vomit).

## WHAT'S DIFFERENT FOR WOMEN?

Women feel heart attacks a little differently than men. Both will have chest pain, but women may:

- Feel out of breath.
- Have pain along the neck, jaw, or upper back.
- Have nausea, vomiting, or upset stomach.
- Sweat.

## WHEN SIGNS ARE NOT CLEAR:

The symptoms of a heart a heart attack aren't always clear cut. People tend to brush them off as minor problems such as heartburn or the "flu."

Oddly, ***denial*** is a common. People will put off getting treatment because they don't believe there is a problem. But, denial can be *deadly*.

## WHAT SHOULD YOU DO IF YOU THINK YOUR CLIENT IS HAVING A HEART ATTACK?

- It's critical for a heart attack victim to get to the hospital right away.
- In a facility, alert the nurse right away.
- In home health, call 9-1-1 immediately. Make a note of the time that the first symptom started.
- If someone collapses, is not breathing and has no pulse, begin CPR. If you don't know CPR, the 911 operator can tell you what to do.
- If caught early, doctors help stop a heart attack while it's happening. This makes a full recovery possible!

# SPOTLIGHT ON HYPERTENSION (HIGH BLOOD PRESSURE)

## WHAT IS HIGH BLOOD PRESSURE?

Every time the heart beats, it creates pressure that pushes blood through the arteries and veins. **Blood pressure** measures the force that pushes outward on the walls of arteries.

If the heart pumps too forcefully, the blood pressure will be high. If this forceful pumping goes on for a long time, the arteries get stretched beyond their healthy limits creating damage that requires the heart to beat even more forcefully to move the blood.

## WHAT CAUSES HYPERTENSION?

There are two types of hypertension: Secondary Hypertension and Essential Hypertension.

**Secondary Hypertension has a *direct cause*. Only 5 out of 100 people have high blood pressure because of a specific health situation such as:**

- Being pregnant.
- Taking birth control pills.
- Having kidney disease or a problem with the glands near the kidneys.

Usually, when the problem is fixed (or the baby is born), the high blood pressure goes away.

**Most people who have hypertension have Essential Hypertension which is caused by a *combination* of things that might include:**

- Smoking.
- Being overweight.
- Drinking too much alcohol.
- Being African American.
- Eating foods that are high in fat and cholesterol.
- Being a “couch potato.”
- Getting older.
- Being under too much stress.
- Eating lots of salty foods.
- Being a diabetic.
- Having a family history of high blood pressure.

## SYMPTOMS OF HYPERTENSION:

Hypertension is called the “Silent Killer” because there are usually ***no early symptoms!*** Most people can walk around with hypertension for years without feeling bad!

Unfortunately, living with high blood pressure for years does a lot of damage to the body.

**Someone who has had high blood pressure for many years may develop:**

- Headaches (often severe).
- Heart palpitations.
- Dizziness.
- Nose bleeds.
- Shortness of breath.
- Chest pain.
- Fatigue.

## HOW YOU CAN HELP:

**Know Your Ranges**—See the chart below for the ranges outlined by the American Heart Association. Be sure you also know your employer’s ranges. They may vary slightly.

**Medications**—Diuretics (sometimes called “water pills”) help flush out extra fluid and sodium from the body. Clients on diuretics go to the bathroom a lot! And, that’s a good thing. Be ready to help as needed and record output as ordered.

**Diet and exercise**—People who are overweight tend to have higher blood pressure than people who are slim. So, losing weight is an important part of treating hypertension. Help your client eat a healthy, low fat diet and to get some form of exercise every day.

AHA CLASSIFICATION OF BLOOD PRESSURE:			
	Normal	High Normal	HIGH
Systolic (top number)	Less than 130	130—139	140 or Higher
Diastolic (bottom number)	Less than 85	85—89	90 or Higher



## A CLOSER LOOK AT EDEMA

Edema is swelling caused by fluid in the body's tissues. It usually occurs in the feet, legs, and abdomen.

Many things can cause edema such as too much salt in the diet, kidney disease, pregnancy, and even some medications. But the most common cardiac condition that causes edema is congestive heart failure.

Heart failure keeps the kidneys from getting rid of extra fluid that the body doesn't need.

### SIGNS OF EDEMA:

- Swelling or puffiness.
- Stretched or shiny skin.
- Skin that stays indented after being pressed for several seconds.
- Increased abdominal size.



### HOW YOU CAN HELP:

**Medications**—Your client may be placed on a diuretic (water pill) to help remove excess fluids. Be prepared for extra trips to the bathroom!

**Movement**—Moving the muscles in the area affected by edema can help pump the excess fluid back to your heart.

**Elevation**—Elevate the swollen part of the body above the level of the heart for at least 30 minutes three or four times a day.

**Compression**—Be sure to apply compression stockings as ordered. They prevent fluid from collecting in the tissue.

**Reduce salt intake**—Your client may have a diet that restricts salt. Be sure you know the limits and help your client stick to the plan!

## WHAT ARE HEART ARRHYTHMIAS?

Arrhythmias (or heart rhythm problems) happen when the electrical impulses that coordinate regular heartbeats don't work properly. It can cause the heart to beat too fast, too slow, or irregularly.

### SIGNS OF AN ARRHYTHMIA:

- A fluttering feeling in the chest
- A racing heartbeat (tachycardia)
- A slow heartbeat (bradycardia)
- Shortness of breath
- Lightheadedness or dizziness
- Some people have no signs or symptoms.

### IS IT SERIOUS?

Most arrhythmias are harmless. However, one type, called ventricular fibrillation (VF) can be deadly. With VF, the ventricles (the two lower chambers) begin to *quiver* instead of pumping blood. A person with VF will collapse, have no breathing or pulse and will need immediate emergency medical help.

### HOW YOU CAN HELP:

**In an emergency**—If your client collapses, has no breathing and no pulse, activate your facility's emergency response system or call 911. A defibrillator is needed to reset the heart rhythm.

**Pacemakers**—Your client with an arrhythmia may have a pacemaker implanted. Know the site of the implant. Watch for signs of infection.

**Medications**—There are many medications available to help regulate the heart rhythm. Ask the nurse what medications your client takes and what the side effects may be. Watch for and report any side effects you observe.

**Anxiety**—The feelings associated with an arrhythmia can cause anxiety and fear, which in turn can make the problem worse. If your client begins to feel a fluttering or racing heartbeat and becomes anxious, help her to sit down, relax and to breathe deeply and evenly. Calmly assess her vital signs, reassure her that she is not alone, and call for help, if needed.

## WHAT IS ENDOCARDITIS?

Endocarditis is an infection of the inner lining of the heart. **But, how does the inside of the heart become infected?**

It usually happens when bacteria or other germs from another part of the body, such as the mouth, spread through the bloodstream and attach to damaged areas in the heart.

People at greatest risk of endocarditis have a damaged heart valve, an artificial heart valve or other heart defects. (*Learn more about heart valve disease below.*)

### SIGNS AND SYMPTOMS OF ENDOCARDITIS

- Fever and/or chills
- Shortness of breath, persistent cough
- Paleness
- Petechiae (puh-TEE-key-e) — tiny purple or red spots on the skin or inside the mouth.

### HOW YOU CAN HELP:

**Medications**—Treatment for endocarditis usually includes antibiotics. If your client is prescribed an antibiotic, make sure she takes it exactly as ordered. Stopping too soon, even if she feels better can make the infection worse.

**Mouth Care**—The germs that cause endocarditis often come from the mouth. Help your client keep his mouth and teeth clean and healthy by brushing with a soft toothbrush at least twice a day.

**Dental Visits**—Remind your client to get regular check-ups at the dentist.

**Activity**—Immediately after a bout of endocarditis, your client may feel weak and tired. Help him get some form of exercise each day, increasing as his strength returns.

## A CLOSER LOOK AT HEART VALVE DISEASE

The heart has four valves: the tricuspid, pulmonary, bicuspid, and aortic valves. Heart valve disease occurs if one or more of these valves don't work well.

Heart valves have flaps that open and close with each heartbeat. The flaps make sure blood flows in the right direction through the four chambers and out to the rest of the body.

Birth defects, age-related changes, and endocarditis can keep one or more of the valves from opening fully or can let blood leak back into the heart chambers. This makes the heart work harder and affects its ability to pump blood.

### IS IT SERIOUS?

For some people, heart valve disease causes no symptoms at all. For others, heart valve disease slowly worsens until symptoms develop. If not treated, advanced heart valve disease can cause heart failure, stroke, blood clots, or even death.

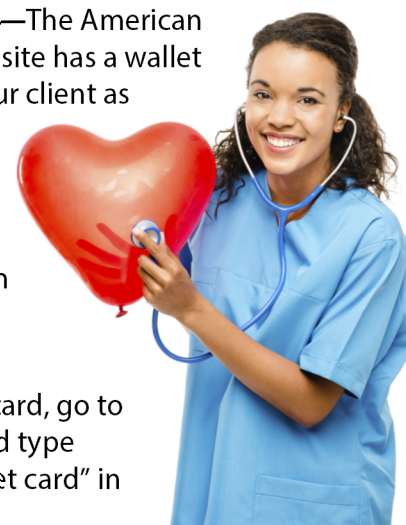
### HOW YOU CAN HELP:

**Protection**—People with heart valve disease are at risk for endocarditis. Be sure to report right away any symptoms of an infection (such as sore throat, general body aches, fever, etc.).

**Mouth Care**—Follow the same mouth care rules described above for endocarditis.

**Identify those at risk**—The American Heart Association website has a wallet card that identifies your client as being at risk for endocarditis. It gives instructions on what (if any) antibiotics are needed prior to certain dental and surgical procedures.

- To download the card, go to [www.heart.org](http://www.heart.org) and type "endocarditis wallet card" in the search box.



## TOP 10 WAYS TO GET AND KEEP A HEALTHY HEART!

1. **Kick the Habit.** Quitting smoking is the single most important thing people can do for a healthy heart. Let your clients know that smokers are **twice as likely to have a heart attack** than non-smokers. The good news is that the moment a person stops smoking, the risk of having a heart attack begins to go down.
2. **No Salty Dogs!** Too much salt can lead to high blood pressure, which increases the risk of developing coronary heart disease (CAD). Help your clients avoid foods like chips, salted nuts, canned soups and canned vegetables, pizzas, processed meats, and frozen dinners.
  - Teach your clients to pay attention to food labels. Many breakfast cereals and breads that appear healthy also contain high levels of salt.
  - Dietary guidelines recommend limiting salt to **1,500 mg** for people who are 51 or older.
3. **A variety of healthy foods.** A healthy diet can reduce the risk of developing heart disease, and can help increase the chances of survival after a heart attack. Help your clients eat **a balanced diet** that contains plenty of fresh fruit and vegetables, fish, and whole grain breads, pasta and rice.
4. **The good and bad of alcohol intake.** Studies have shown that drinking small amounts of alcohol may decrease heart disease and heart attacks by 20-40%. Small to moderate amounts of alcohol may help the heart by thinning the blood so clots don't form.
  - But, drinking too much alcohol can cause rapid and irregular heart beats and can affect the heart's ability to pump, which are two of the biggest causes of death after having a heart attack.
5. **Exercise it.** The heart is a muscle and it needs exercise to keep fit—so that it can pump blood efficiently around the body with each heart beat. Help your client get some form of exercise each day. Be sure to check with the doctor, nurse or physical therapist to find out what is safe for your client.
6. **Watch that waistline.** Obesity is a growing problem. (Pun intended!) Unfortunately, carrying extra weight greatly affects health and increases the risk of life-threatening conditions such as coronary heart disease. Help overweight clients start to lose weight by making small, but healthy changes to what they eat, and try to help them become more active.
7. **Monitor blood pressure.** Remember, hypertension is not diagnosed after just one high reading. The problems begin when blood pressure *remains* high over a period of time. People with high blood pressure run a higher risk of having a stroke or a heart attack. Make sure you are accurately checking and recording blood pressure results. Be sure to give a verbal report if you notice that your client's blood pressure is abnormally high.
8. **Chill out!** Help your client learn to manage her stress levels. Stress can lead people to eat too much or too little, smoke and/or drink too much. It can also increase the heartbeat, and increase the risk of a heart attack.
  - Some ways you can help your client reduce feelings of stress include; listening to soothing music, watching a funny movie, spending time with loved ones (unless they are the source of the stress), participating in a hobby (knitting, painting, reading), going for a walk, and meditating or praying.
9. **Help is in the history.** The risk for developing one of the cardiac conditions discussed in this inservice is greatly increased if your client has a close relative with a cardiac condition. Although that is a risk factor that cannot be changed, knowing is power! Clients who *know* they are at risk can make better lifestyle choices related to smoking, physical activity, and obesity.
10. **Know the signs!** Make sure you, your clients, and their family members know the early signs of a heart attack (see page 5). The quicker the signs are recognized and treated, the greater the chance of a full recovery.



# FINAL THOUGHTS ON HEART CONDITIONS

Chances are, a large portion of the clients you care for suffer from one or more of the common cardiac conditions covered in this inservice topic.

## Here are the facts:

- Nearly 5 million Americans are currently living with congestive heart failure (CHF) and around 550,000 new cases are diagnosed each year.
- Coronary artery disease (CAD) is the most common type of heart disease, killing more than 500,000 people annually.
- In the United States, about 78 million (that's 1 out of every 3) adults have high blood pressure.
- Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.

As a nursing assistant, you play an important role in preventing, treating, and managing common cardiac conditions in your clients.

Keep in mind, the information in this inservice is meant to be an *overview*. There is much, much more to learn! **To learn additional details and information about a particular topic related to common cardiac conditions, got to [www.knowingmore.com](http://www.knowingmore.com) to look for these popular In the Know inservices:**



- Understanding Congestive Heart Failure (CHF)
- Understanding Heart Attacks
- Understanding CVAs (Strokes)
- Understanding Hypertension
- Understanding Cholesterol
- Common Vascular Conditions
- A CPR Update
- A Vital Signs Update
- Commonly Prescribed Diets
- Recognizing and Reporting Abnormal Observations



## WHAT I KNOW NOW!

*Now that you've read this inservice on common cardiac conditions, jot down a couple of things you learned that you didn't know before.*

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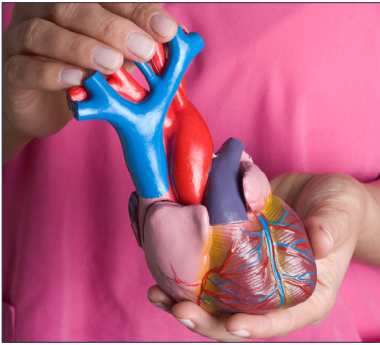


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*A Disease Process Module:*  
**Common Cardiac Conditions**

EMPLOYEE NAME  
 (Please print):

\_\_\_\_\_

DATE: \_\_\_\_\_

- ***I understand the information presented in this inservice.***
- ***I have completed this inservice and answered at least eight of the test questions correctly.***

EMPLOYEE SIGNATURE:

\_\_\_\_\_

SUPERVISOR SIGNATURE:

\_\_\_\_\_

**Inservice Credit:**

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

***File completed test in employee's personnel file.***

***Are you "In the Know" about common cardiac conditions? Circle the best choice or fill in your answer. Then check your answers with your supervisor!***

1. **Your client has congestive heart failure (CHF). You will do all of the following, EXCEPT:**
  - A. Monitor daily weights.
  - B. Increase fluid intake.
  - C. Monitor Vital signs closely.
  - D. Plan rest periods.
2. **The most serious consequence of coronary artery disease (CAD) is:**
  - A. Weight gain.
  - B. High blood pressure.
  - C. Heart Attack.
  - D. Diabetes.
3. **Mrs. H. is breathing rapidly and says she feels nauseous. She's also sweating and complaining of back pain. You should:**
  - A. Help her lie down and relax. She's probably having a panic attack.
  - B. Alert the nurse that Mrs. H. appears to have contracted the flu.
  - C. Place Mrs. H. in a warm bath and play soothing music until the feeling passes.
  - D. Activate your emergency protocol (or call 911) for heart attack symptoms.
4. **Which of the following contribute to the development of hypertension?**
  - A. Obesity.
  - B. Lack of exercise.
  - C. High salt diet.
  - D. All of the above.
5. **True or False**  
 A "fluttering" feeling in the chest may be a sign of a heart attack.
6. **True or False**  
 The most common cardiac condition that causes edema is CHF.
7. **True or False**  
 The germs that cause endocarditis often come from unwashed hands.
8. **True or False**  
 The heart is a muscle that needs exercise to stay fit.
9. **True or False**  
 Smoking may be bad for the lungs, but it does nothing to damage the heart.
10. **True or False**  
 People can have hypertension for years without any symptoms at all.

