

STUDENT NAME _____

DISORDER/DISEASE PROCESS Angina

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)**Ischemic Heart Disease****Pathophysiology Related to Client Problem**

Pain that results following myocardial ischemia caused by an imbalance between myocardial blood supply and oxygen demand coupled with an accumulation of metabolites.

Health Promotion and Disease Prevention

Lifestyle changes
Modification of diet
Periodic screening for diabetes mellitus and hypertension

ASSESSMENT**Risk Factors**

Modifiable:
Smoking, Obesity, Hyperlipoproteinemia, High-cholesterol diet, Diabetes mellitus, Hypertension, sedentary lifestyle.
Non-modifiable:
Family disposition, Male gender, and age.

Expected Findings

Stable angina: findings are normal on physical examination
Positive Levine sign
Signs of abnormal lipid metabolism or diffuse atherosclerosis.

Laboratory Tests

Comprehensive lipid profile
Cardiac biomarkers/enzymes

Diagnostic Procedures

Chest radiography
Graded exercise stress testing
Coronary artery calcium (CAC) scoring by fast CT
ECG, cardiac catheterization
Selective coronary angiography (the definitive diagnostic test for evaluating the anatomic extent and severity of CAD)

SAFETY CONSIDERATIONS

Risk factors modification.
Appropriate use of medication and assessing for drug adverse effects.
Establishing aseptic conditions for all procedures.

PATIENT-CENTERED CARE**Nursing Care**

Monitoring of the patient's vital signs
Timely administration of the appropriate medication
Physical examination for drug adverse effects
Patient education

Medications

- 1) Organic nitrates and nitrites
- 2) Calcium channel blockers
- 3) Beta adrenergic blockers
- 4) Metabolism modifiers: Ranolazine

Client Education

Benefits of smoking cessation, low-cholesterol diet, physical activity, and periodic screening for diabetes mellitus and hypertension as a prime component of a long-term management plan.

Therapeutic Procedures

Coronary Stenting
Coronary angioplasty
Coronary artery bypass grafting

Interprofessional Care

Cardiac rehabilitation
Management of underlying conditions

Complications

Acute MI
Left ventricular dysfunction
Heart failure