

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT _____ REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Angina will involve a chest pain that is caused by reduced blood flow in the heart. Continuous heart attack can lead to damage of the heart muscles. Angina can be prevented by eating healthy, avoiding smoking at all cost, handling stress at manageable levels, taking medications as prescribed by the doctors. Moreover, the individual should be physically active. Directives to consider in Angina will involve eating a healthy diet which will include; eating plenty of fruits and vegetables, lean proteins, low-fat dairy products, avoiding high levels of sodium in foods and reading food labels to determine the levels of unwanted constituents that make up food content.

Underlying Principles

Angina will be caused by imbalance in the blood supply alongside the oxygen demand. Individuals with stable angina might pose some challenges to the practitioners to diagnose it. Pain experienced in the chest can be some Angina to an individual. Angina can be diagnosed through some tests such as chest radiography, grade exercise stress testing and coronary artery calcium. Notably, the graded exercise stress testing is the commonly method used to evaluate the presence of some chest pains in the individuals which can be performed alongside other testings.

Nursing Interventions

WHO? WHEN? WHY? HOW?

Nursing intervention can be conducted on individuals who are more likely to contract Angina from their unhealthy eating habits, smoking, and lack of physical exercises. The conditions can lead to development of some chest pains henceforth, contributing to Angina. Nursing intervention will encourage smoking cessation and treatment of various factors that can put the individual at risk to contract Angina such as hypertension, obesity, and diabetes mellitus. Individual should also be advised on the types of food they will consume to avoid heightening the cases of angina. Lastly, the intervention can involve some pharmacological therapies such as beta blockers, calcium channel blockers among others.