

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS Mitral Valve Stenosis

REVIEW MODULE CHAPTER Ch. 15

Alterations in Health (Diagnosis)

When the opening of the Mitral Valve narrowed.

Pathophysiology Related to Client Problem

Symptoms experienced when valve area is about 2.5 cm squared or less.

Health Promotion and Disease Prevention

Ensuring no strep infections are left untreated.

ASSESSMENT

Risk Factors

Strep infections that are left untreated.
History of rheumatic fever

Expected Findings

Heart murmur
Decreased blood flow
Enlargement of the heart's upper chamber.

Laboratory Tests

Electrolyte status
Complete Blood Cell (CBC) count.
Liver and renal function tests

Diagnostic Procedures

Manifestation of a single or more complications may lead to diagnosis with the condition with the first sign being a heart murmur

SAFETY CONSIDERATIONS

Quit smoking and avoid second hand smoke.
Limit sodium intake and maintain a heart-healthy diet.
Exercise but within the exercise safety provisions provided by your physician.
Maintain healthy weight or loose weight if necessary.

PATIENT-CENTERED CARE

Nursing Care

Monitor patient closely for signs of pulmonary dysfunction caused by pulmonary hypertension

Medications

Diuretics
Anticoagulants
Beta blockers
Antibiotics

Client Education

Patient should be informed of the causes, symptoms and treatment of mitral stenosis.

Therapeutic Procedures

Surgical treatment to repair the valve or replace it.
Balloon valvuloplasty

Interprofessional Care

Cardiologists, nurses and anesthesiologists should work together to enhance the well-being of the affected.

Complications

Pulmonary hypertension
Heart failure
Blood clots
Heart enlargement
Atrial fibrillation