

# Cardiovascular Assessment: Nursing

Patient Information
Full Name:
Date of Birth:
Gender:
Patient ID:
Contact Number:
Email Address:

## Assessment

Subjective Data	
<b>General Symptoms:</b>	<input type="checkbox"/> Chest/back/shoulder/jaw pain <input type="checkbox"/> Palpitations <input type="checkbox"/> Dyspnea <input type="checkbox"/> Fatigue <input type="checkbox"/> Sweating <input type="checkbox"/> Nausea <input type="checkbox"/> Syncope <input type="checkbox"/> Dizziness
<b>Chest Pain Description:</b>	
<b>Risk Factors:</b> Age, gender, family history	<input type="checkbox"/> Hypertension <input type="checkbox"/> Diabetes <input type="checkbox"/> Smoking <input type="checkbox"/> Obesity

<b>Medication Review:</b>	
<b>Emotional Causes:</b>	<input type="checkbox"/> Anginophobia <input type="checkbox"/> Anxiety disorder

<b>Objective Data</b>	
<b>ABCs Prioritization:</b>	<input type="checkbox"/> Airway <input type="checkbox"/> Breathing <input type="checkbox"/> Circulation <input type="checkbox"/> CPR initiated
<b>Systemic Assessment:</b> <i>A comprehensive evaluation including cardiovascular, respiratory, gastrointestinal, musculoskeletal, integumentary, and central nervous system (CNS) assessment for symptoms like chest pain, arrhythmias, dyspnea, nausea, pain, and changes in mentation.</i>	

### Potential Interventions

Intervention	Rationale	Notes/Referral
<b>Restore Blood Perfusion:</b>	<p>Assist in reperfusion therapy, such as PCI or fibrinolytic therapy.</p> <p>Unblock arteries through procedures like coronary angioplasty, stent placement, or bypass surgery.</p> <p>Administer dual antiplatelet treatment and blood thinning agents cautiously as prescribed.</p> <p><i>(Continued on next page)</i></p>	

	<p>Use thrombolytics or fibrinolytics to dissolve blood clots obstructing blood flow.</p>	
<b>Relieve Pain:</b>	<p>Provide analgesics like morphine for pain relief. Administer supplemental oxygen to increase cardiac tissue oxygenation.</p> <p>Use nitroglycerin for vasodilation to alleviate chest pain.</p>	
<b>Manage Symptoms:</b>	<p>Set and maintain blood pressure within acceptable limits with antihypertensive medications.</p> <p>Use beta-blockers, ACE inhibitors, and nitrates to control blood pressure and symptoms.</p> <p>Prescribe statins to lower LDL cholesterol levels and stabilize atherosclerotic plaques.</p> <p>Manage blood glucose levels to prevent hyperglycemia with glucose-lowering treatments.</p>	
<b>Cardiac Rehabilitation:</b>	<p>Adhere to the cardiac rehab plan post-MI or surgery to reduce complications and readmissions.</p> <p>Continue rehab at home or in a community healthcare facility to improve exercise capacity and overall well-being.</p>	
<b>Prevent MI Complications:</b>	<p>Encourage regular exercise and healthy weight maintenance.</p> <p>Educate patients on their treatment regimen and lifestyle changes.</p> <p><i>(Continued on next page)</i></p>	

	<p>Promote stress reduction techniques and control underlying conditions like diabetes, hyperlipidemia, and hypertension.</p> <p>Emphasize regular follow-up visits, CPR training for caregivers, and knowing when to seek immediate medical attention.</p>	
<p><b>Post-MI Lifestyle Changes:</b></p>	<p>Encourage a heart-healthy diet, smoking cessation, stress management, limited alcohol intake, and regular physical activity.</p> <p>Advise on resuming sexual activity based on the patient's physical capability.</p> <p>Suggest medical alert identification for emergency responders to recognize the patient's risk.</p>	

<p><b>Physician's Notes and Recommendations</b></p>

<p><b>Physician's Signature</b></p>
<p>Name:</p>
<p>Date:</p>