Chest Pain Nursing Care Plan

Patient information			
Name: Matteo Alvarez		**Age:** 54	
Gender: Male	**Date of birth:** June 12, 1969		

Medical history
Matteo has been managing hypertension since 2010 and hyperlipidemia through medication. He suffered a myocardial infarction in 2018, has a 30-year history of smoking, though he quit in 2018, and has a family history of coronary artery disease.

Assessment		
Subjective	**Objective**	
Matteo reports experiencing severe chest pain that feels "like a pressing weight," which started approximately two hours ago.	Test/s	Result/s
	ECG	Elevated ST segment
	Troponin levels	Elevated, indicating myocardial damage
	CBC	Within normal limits
	Lipid profile	High LDL levels
	C-reactive protein	Elevated, suggesting inflammation

Nursing diagnosis
Acute pain related to myocardial ischemia as evidenced by elevated troponin levels and ECG changes.

Planning	
Goals	**Interventions**
Alleviate chest pain within the next 30 minutes.	Administer nitroglycerin sublingually as prescribed.
Stabilize heart rate and blood pressure within the next hour.	Monitor vital signs every 15 minutes.
Reduce patient anxiety and ensure comfort.	Provide reassurance and keep the patient in a calm environment.
Prevent complications associated with myocardial ischemia.	Prepare for potential thrombolytic therapy and ensure IV access is established.

Implementation

Matteo received 0.4 mg of nitroglycerin sublingually, which slightly relieved the pain. Oxygen therapy was initiated, and IV access was established. Continuous monitoring of his vital signs showed a gradual stabilization of his condition.

Rationale

Nitroglycerin aids in dilating coronary vessels to decrease myocardial oxygen demand, crucial for reducing ischemia and pain. Oxygen therapy increases the efficacy of available oxygen, supporting cardiac function under stress. Regular monitoring of vital signs helps in assessing the effectiveness of interventions and detecting any complications early.

Evaluation

The interventions led to a slight improvement in Matteo's chest pain and stabilization of his vital signs, indicating a partial but positive response to the initial treatment.

Discharge planning

Plans for Matteo's discharge will include a detailed education session about managing risks, recognizing warning signs, and adhering to prescribed medication regimes. Referrals to a cardiac rehabilitation program and a follow-up appointment with a cardiologist are arranged to ensure continuous care.

Additional notes

Further diagnostic testing such as coronary angiography may be considered to assess the need for more invasive interventions such as stenting or bypass surgery, based on the ongoing evaluation of his cardiac status.

Nurse's information

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