

Covenant School of Nursing
Instructional Module 3 Learning Guide
Topic: Cardiovascular/Peripheral Vascular

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- Describe the pathophysiology and clinical manifestations of deep vein thrombosis, peripheral vascular disease, congestive heart failure, hypertension, mitral valve prolapse, and coronary artery disease.
- Identify the risk factors for the following cardiovascular/peripheral vascular diseases: deep vein thrombosis, peripheral vascular disease, basic ECG disturbances, congestive heart failure, hypertension, mitral valve prolapse, and coronary artery disease.
- Explain the correlation between the cardiovascular/peripheral vascular disease to the concept of Nutrition
- Identify priority nursing diagnosis for deep vein thrombosis, peripheral vascular disease, congestive heart failure, hypertension, mitral valve prolapse, and coronary artery disease.
- Explain the correlation between cardiovascular/peripheral vascular diseases and their effect on psychological stress and coping.
- Apply the nursing process with collaborative interventions for individuals experiencing impaired comfort (Peripheral Vascular Disease).
- Develop a plan of care for a patient with cardiovascular/peripheral vascular disorders.
- Implement strategies for effective discharge teaching in the patient with cardiovascular/peripheral vascular disorders.
- Discuss pharmacologic treatments available for a patient with the following cardiovascular/peripheral vascular disorders: deep vein thrombosis, peripheral vascular disease, congestive heart failure, hypertension, mitral valve prolapse, and coronary artery disease.
- Identify pharmacologic/therapeutic classification, routes, indications, adverse reactions, appropriate nursing assessment, teaching, and interventions for drugs on the Module 3 cardiovascular/peripheral vascular drug list.

Pre-Class Preparation

Required:

Medical-Surgical Nursing :

- Chapter 28: Diagnostic Assessment Section
- Chapter 29: Dysrhythmias: Epidemiology, Pathophysiology, ECG Review, Sinus Dysrhythmias, & Premature Ventricular Contractions
- Chapter 30: Entire section on Coronary Artery Disease, Entire section on Valvular Disease, Entire section on Heart Failure Chapter 31: Entire section on Hypertension, Entire section on Deep Vein Thrombosis, Entire section on Atherosclerosis/Arteriosclerosis, Safety Alert Box regarding Orthostatic Hypotension

HESI: RN Case Studies (completed with a score of at least 80%)

- CAD
- Heart Failure with A Fib

Additional Resources:

- Lehne’s Pharmacology for Nursing Care 9th ed. (know medications from CVPV med list)
- American Heart Association website

Learning Activities

Classroom Activities:

- Lecture
- Discussion
- Case scenarios

Laboratory/Clinical Activities:

- Demonstrate an assessment on a patient at risk for cardiovascular/peripheral vascular diseases.
- Develop a plan to decrease the occurrence of cardiovascular/peripheral vascular diseases on a patient at risk

Out of Class/Computer Assisted Activities:

HESI: RN Case Studies (completed with a score of at least 80%)

- CAD
- Heart Failure with A Fib

Self-Assessment

Students, check your understanding:

- Can you tell your family member about the risks for CV disease?
- What foods would you tell your friends to stop eating in order to reduce CV risk?
- Can you describe the first actions you would take if you recognized the symptoms of a DVT in your friend?

Evaluation Methods

- Exam
- HESI Module Completion

Time Allotments:

<i>Classroom</i>	<i>Laboratory</i>	<i>Clinical</i>	<i>Out-of-Class Work</i>
7			3.5
Texas DECS		QSEN Competencies	
Knowledge II.A.1.a; 2a, b.,3; II.B.2, 4, 5, 6, 7, 8, 11, 12; II.C, 3, 4b. 5, 6, 7, 8; II.D. 1a, 1b, 1c, 3b, 4c,5a; II.E, 1a, 1b, 2, 4a,4b, 5, 6b, 12, 13; II.F, 2; IIG, 2a, 2b, 3a, 3b IV.C, 1, 3, 5, 8, Clinical Judgments and Behaviors I.A.1, 2, 3a, 3b, B.2.a, 2.b, 3.a, 3.b, 3.c, 4.a, 4.b, 5.a, 5.c, 6.a, 6.b, 6.c; II.A, 1, 2.a, 2.b, 3, 4; II.B, 1, 2, 3.a, 3.b, 4, 5, 6, 7,		PCC, EBP, Safety	

8, 9, II.C.1, 2, 3.a, 4, 5, 6, 7; II.D.1, 2.a, 2.c, 2.d, 3.a, 3.b,3.c; II.E.1, 2.a, 2.b, 2.c, 3.b, 4, 5.a, 6.a, 6.c, 6.d, 9, 10, 11, 12.b; II.F.1.a, 1.b, 1.c, 2.a, 2.b,5.a, 5.b; II.G.1,2a, 2b, 3, 4, 5a, 5b, 6, 7; II.H.6; III.A., 2, 3, 4, 5a; III.B.1, 2, 3.a, 3.b, 3.c, 4, 5, 8, 9; III.C.2.a, 2.b, III.D.1, 2, 3; III.E.1, 3; III.F.1; IV.A.1, IV.B.1.a, 2; IV.C.1.a, 2.b; IV.D.1.b, 3.b, IV.E.1.b, 1.c, 2.b, 2.c, 4;	
Graduate Competencies / Student Learning Outcomes	NCLEX Test Plan
1/1,1/2,1/5,3/1,3/2,3/3,3/5/3/6,3/7	MOC (continuity of care, establishing priorities);S&IC (home safety);HP&P (health promotion/disease prevention, health screening, high risk behaviors, lifestyle choices, self-care, techniques of physical assessment); Psych int. (stress management, therapeutic communication); BC&C (nutrition); RRP (diag. tests, lab values, potential alt. in body systems, potential for complications of diag. test/treatments/procedures, system specific assessments; Phys. Adaption (alterations in body systems, hemodynamics, illness management)
Concepts	Faculty
<i>Clotting, Comfort, Nutrition, Perfusion, Sensory/Perception, Coping, Patient Education, Evidence-based practice, Patient-centered Care</i>	<i>E.Whitley MSN, RN</i>
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Mod 3 Learning Guide

Topic: Med-Surg CVPV cont'd

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