

Patient: Nicky Heartbreaker DOB: 1/1/59

Firelands Regional Medical Center School of Nursing
AMSN 2023: Comprehensive Simulation
Discharge Education (1H-Sim)



Directions: For **each** education topic, include specific information you would provide to Nicky Heartbreaker at discharge. The information must be specific to the patient, scenario, social determinants of health concerns, and be thorough and detailed (this will not be a brief list). Include handouts, video links, pictures, etc. that you could present for **at least 4** of the education topics. This assignment is due in the Comprehensive Simulation dropbox on Edvance360 at **1600 on April 24, 2023 (along with the simulation survey)**. If the assignment is late or not completed in full it will result in 1-hour missed simulation time, and will have to be completed prior to beginning the final exam on 4/28/2023 at 0800.

Topic	Education
Diagnosis	You came into the hospital with chest pain which showed a heart inferior myocardial infarction (MI). This is the medical term for it, but you may know it as a heart attack. An MI is an irreversible myocardial tissue death resulting in tissue death due to the lack of oxygenated blood supply. The substernal chest pain you had that morning is a classic sign of an MI. You had a variety of risk factors that put you had a higher risk to have an MI such as hypertension, high cholesterol, and diabetes type 2.
Medications	Aspirin 81 mg po Daily is an antiplatelet medication that prevents the formation of blood clots, it aids in thinning out your blood. Brilinta 90 mg PO BID is used to decrease your chance of having another heart attack by thinning out the blood. It is safe to take this medication with aspirin. Atorvastatin 40 mg PO QHS is used to lower your cholesterol and triglycerides which reduces the risk of another heart attack. You should avoid grapefruit juice while taking this medication. Metformin 500 mg PO BID is used to help maintain your blood glucose. This medication was held for 48 hours after your procedure due to the counteractions it has with contrast dye that was used during your stent to visualize the blockage. Enalapril 10 mg PO BID is used to manage your hypertension by lowering your blood pressure. You should monitor you blood pressure and pulse frequently while on this medication. Report any signs of angioedema such as swelling of the face, extremities, eyes, lips, tongue, or difficulty swallowing. Acetaminophen 500 mg PO q4-6h prn non-cardiac pain is used for your lower back pain from being in the bed for a while.
	Ensure you follow up with your healthcare provider and pick up your medication.

Follow-up/ Compliance	If you develop any chest pain, short of breath ensure to report it to your healthcare provider immediately. If you have questions do not hesitate to call your health care provider. It is important to stay compliant with medications, diet, smoking cessation, and exercise so you do not experience this again.
Puncture site care	You had a left heart catheterization with PTCA to the RCA during your hospital stay. The doctor placed two drug eluting stents to open the blockages in your heart. The doctor went through your right radial in which you received a TR band to prevent any bleeding. You may experience slight bruising around the puncture site. If it burns or bleeds excessively report it immediately. You should not take baths for 48 hours after the procedure or submerge it into water.
Diet	As a diabetic and now a post heart attack patient it is important to follow a heart healthy diet. I have provided you a hand out in regards to 5 tips that can assist you in making better food choices. Some of these include enjoying more vegetables such as broccoli, carrots, peppers, tomatoes, squash, sweet potatoes and much more. Secondly, eat more fruit such as bananas, papaya, mangoes, oranges, grapes, pears, strawberries and much more. The third tip is to make heart healthy fat choices such as seafood, poultry, lean protein along with skim or fat-free dairy products. The fourth tip is to reduce sugar intake by replacing foods with fruits, unsalted nuts, or popcorn. The last tip is to choose whole grains often such as shredded wheat, cheerios, brown rice or quinoa.
Exercise/Activity	Start slowly and gradually, increase your walking pace over 3 minutes until the activity feels moderate. If you feel too short of breath, slow down your walking pace. Walk at a moderate pace for about 10 minutes the first time and each day try to add one or two minutes. By the end of a month, aim for walking 30 minutes most days of the week. Remember to cool down at the end of your exercise by gradually walking slower for the last 3 minute of your exercise. Choose an activity that you enjoy such as walking, stationary cycling, rowing, or water aerobics. There are also cardiac rehab programs that you can enroll in within the hospital to exercise.
Smoking cessation	It is important you cut down on your smoking or stop if you can. Smoking constricts your blood vessels making it harder for blood to flow through your body. Within 2 hours your heart rate and blood pressure return to near normal levels. Within 24 hours your risk for heart attack and coronary artery disease starts to decline. In 2-3 weeks, your blood circulation and heart function improve significantly. In one year, your risk of heart disease is half compared to when you smoked. There are many options to aid in the cessation of smoking including patches and gum.
Signs and symptoms to report/Seek medical care	Ensure you look over your medication side effects those are huge to report. Some other signs and symptoms to report nausea/vomiting, light-headedness, dizziness, fainting, fatigue, stomach discomfort, cold sweat, pain or stiffness in the upper body. You should seek medical care if you have chest pain, shortness of breath, heartbeat changes or a blue tint to your lips, hands, or feet.

<p>Other</p>	<p>You should let your daughter help you when you need it. She is only trying to help you with daily life and for you to get better. If you have the chest pain again, please do not drive yourself to the emergency room.</p>
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<https://my.clevelandclinic.org/health/diseases/22068-stemi-heart-attack>

5 Tips For A Healthier Heart

- 1 Enjoy more vegetables**

Enjoy vegetables including broccoli, carrots, collards, green beans, green peas, kale, lima beans, sweet potatoes, spinach, squash, tomatoes, and peppers as part of meals and snacks. Add dark green leafies like spinach, kale or collards to eggs for breakfast, use raw celery or green pepper with hummus for a snack, and offer both a fresh salad and a cooked vegetable with dinner.
- 2 Eat more fruits.**

Include fruit such as apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, papaya, peaches, pears, pineapples, raisins, raspberries, strawberries, and tangerines for snacks and meals. Choose fresh fruit, or fruit frozen or canned without added sugar. Try this: Slice fresh fruit on your morning bowl of cereal, blend frozen fruit into plain yogurt for a smoothie, keep a bowl of fresh fruit on the kitchen counter for easy snacking, and end meals with fruit instead of a sweet dessert.
- 3 Make heart-healthy fat choices**

Limit saturated fat intake. Choose seafood, poultry, or lean protein, skim or fat-free dairy. Choose low-fat cooking methods. Limit cheese and other fatty foods.
- 4 Reduce sugar intake**

Limit added sugar by replacing foods with added sugar like cookies, cakes and candy with nutrient-dense, healthier foods including fresh fruit, unsalted nuts, or popcorn with a sprinkle of cheese, chili powder, or cinnamon for flavor. Try this: Cook unflavored oatmeal with frozen fruit and top with cinnamon instead of using flavored oatmeal, snack on fresh fruit or dried fruit without added sugar, freeze grapes for a healthy pop of sweetness.
- 5 Choose whole grains often**

Enjoy a whole grain breakfast cereal like Shredded Wheat, Cheerios or unflavored oatmeal; make sandwiches with whole grain bread, and serve brown rice or other whole grains like quinoa or amaranth with dinner.

Source

Heart Attack

Symptoms



chest pain



shortness of breath



pain, stiffness, or numbness in the upper body



cold sweat



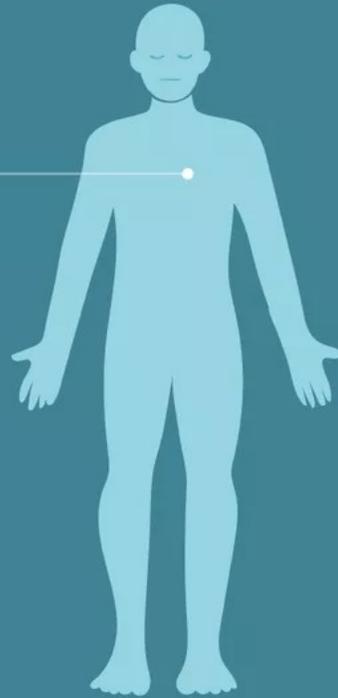
nausea and/or vomiting



light-headedness, dizziness, or fainting



fatigue



heartbeat changes



stomach discomfort



a blue tint to the lips, hands, or feet

MEDICATION GUIDE
BRILINTA® (brih-LIN-tah)
(ticagrelor) Tablets

What is the most important information I should know about BRILINTA?

BRILINTA is used to lower your chance of having, or dying from, a heart attack or stroke. **BRILINTA (and similar drugs) can cause bleeding that can be serious and sometimes lead to death.** In cases of serious bleeding, such as internal bleeding, the bleeding may result in the need for blood transfusions or surgery. While you take BRILINTA:

- you may bruise and bleed more easily
- you are more likely to have nose bleeds
- it will take longer than usual for any bleeding to stop

Call your doctor right away, if you have any of these signs or symptoms of bleeding while taking BRILINTA:

- bleeding that is severe or that you cannot control
- pink, red or brown urine
- vomiting blood or your vomit looks like “coffee grounds”
- red or black stools (looks like tar)
- coughing up blood or blood clots

Do not stop taking BRILINTA without talking to the doctor who prescribes it for you. People who are treated with a stent, and stop taking BRILINTA too soon, have a higher risk of getting a blood clot in the stent, having a heart attack, or dying. If you stop BRILINTA because of bleeding, or for other reasons, your risk of a heart attack or stroke may increase.

Your doctor may instruct you to stop taking BRILINTA 5 days before surgery. This will help to decrease your risk of bleeding with your surgery or procedure. Your doctor should tell you when to start taking BRILINTA again, as soon as possible after surgery.

Taking BRILINTA with aspirin

BRILINTA is taken with aspirin. Talk to your doctor about the dose of aspirin that you should take with BRILINTA. In most cases, you should not take a dose of aspirin higher than 100 mg daily because it can affect how well BRILINTA works. Do not take doses of aspirin higher than what your doctor tells you to take. Tell your doctor if you take other medicines that contain aspirin, and do not take new over-the-counter medicines with aspirin in them.

What is BRILINTA?

BRILINTA is a prescription medicine used to:

- decrease your risk of death, heart attack, and stroke in people with a blockage of blood flow to the heart (acute coronary syndrome or ACS) or a history of a heart attack. BRILINTA can also decrease your risk of blood clots in your stent in people who have received stents for the treatment of ACS.
- decrease your risk of a first heart attack or stroke in people who have a condition where the blood flow to the heart is decreased (coronary artery disease or CAD) who are at high risk for having a heart attack or stroke.
- decrease your risk of stroke in people who are having a stroke (acute ischemic stroke) or mini-stroke (transient ischemic attack or TIA).

It is not known if BRILINTA is safe and effective in children.

Do not take BRILINTA if you:

- have a history of bleeding in the brain
- are bleeding now
- are allergic to ticagrelor or any of the ingredients in BRILINTA. See the end of this Medication Guide for a complete list of ingredients in BRILINTA.

Before taking BRILINTA, tell your doctor about all of your medical conditions, if you:

- have had bleeding problems in the past
- have had any recent serious injury or surgery
- plan to have surgery or a dental procedure
- have a history of stomach ulcers or colon polyps
- have lung problems, such as COPD or asthma
- have liver problems
- have a history of stroke
- are pregnant or plan to become pregnant. It is not known if BRILINTA will harm your unborn baby. You and your doctor should decide if you will take BRILINTA.
- are breastfeeding or plan to breastfeed. It is not known if BRILINTA passes into your breast milk. You and your doctor should decide if you will take BRILINTA or breastfeed. You should not do both without talking with your doctor.

The Benefits of Quitting Smoking

The infographic features a central vertical bar that is white at the top and transitions to orange at the bottom. Text boxes with icons are arranged around this bar, detailing health improvements at various intervals. The background is a light teal color with a subtle cloud pattern at the top.

- 2 HOURS** ▶ Your heart rate and blood pressure return to near normal levels.
- 24 HOURS** ▶ Your risk for coronary artery disease and heart attack starts to decline.
- 3 DAYS** ▶ Your body is rid of all nicotine, meaning withdrawal symptoms may peak.
Be prepared with a plan to get you through this challenging time.
- 2-3 WEEKS** ▶ Your blood circulation and heart function improves significantly. You're breathing more easily and can manage more physical activity.
Improved blood circulation improves the effectiveness of chemotherapy.
- 1 YEAR** ▶ Your risk of heart disease is half of what it was when you smoked.
- 12 HOURS** ▶ Your body's carbon monoxide level decreases allowing your blood to absorb more oxygen.
This makes radiation therapy more effective.
- 2 DAYS** ▶ Your ability to smell and taste greatly improves.
- 2 WEEKS** ▶ Your withdrawal symptoms will start to subside.
- 1-9 MONTHS** ▶ Your lungs will begin to repair. You will start to cough less and your lung capacity will improve. Within 9 months, your withdrawal symptoms will be gone completely.
- 10 YEARS** ▶ Your risk of getting eight different types of cancer drops. Your risk for lung cancer will be half of what it was when you smoked.