

Firelands Regional Medical Center School of Nursing
AMSN 2023
Comprehensive Simulation: STEMI scenario

Patient: Nicky Heartbreaker DOB: 1/1/59

- Nicky is a 64-year old male who developed diaphoresis and mid-sternal chest pain at 10/10 this morning while at work. He drove himself to the local Emergency Department.
- Past medical history: HTN, Hyperlipidemia, DM Type II, Smokes 1 ppd; Noncompliance; Family History CAD; Erectile dysfunction.
- Social history: Divorced, 2 adult children, 3 grandchildren, rents apartment, factory laborer
- **Home medications:** (patient has not refilled the first three medications and has not taken since beginning of April)
 - Atorvastatin 20 mg po QHS
 - Metformin 500 mg PO BID
 - Enalapril 10 mg PO BID
 - Sildenafil 25 mg PO Daily PRN
- Weight: 90kg
- Allergies: Contrast Dye

Emergency Department

- Vital Signs: T- 98⁰ F (oral); HR-55; RR-18; BP 80/60; SpO2-92%. Weight: 90kg
- A 12-Lead ECG was done which showed ST elevation in Leads II, III, and aVF. He was started on O2 2L per NC, and 2- 18-gauge IV's were started. Fast patches placed.

Diagnosis: _____ STEMI

- He was given the following: four- ASA 81 mg tablets (chewed), three- 0.4 mg SL NTG (has not taken Sildenafil within last 24 hours), Brilinta loading dose (180 mg), Morphine Sulfate 4 mg IV, a Heparin bolus and started on a drip per protocol, and an IV bolus of 2,000 mL of NS.
- The time between his arrival to the Emergency Department and arrival to the Cardiac Cath Lab was 30 minutes.

Cardiac Catheterization Lab

- Procedure: Left Heart Catheterization with PTCA to: _____
Right radial: _____
- 2 drug eluting stents
- Medications:
 - Versed 2 mg IV
 - Fentanyl 50 mcg IV
 - Bivalirudin (Angiomax): Supply 250 mg in 50 mL NS
 - Bolus: $0.75 \text{ mg/kg} (90 \text{ kg} \times 0.75 \text{ mg} = 67.5 \text{ mg}/250 \text{ mg} \times 50 = 13.5 \text{ mL})$
 - Drip: $1.75 \text{ mg/kg/hr} (90 \times 1.75 = 157.5 \text{ mg/hr}/250 \text{ mg} \times 50 = 31.5 \text{ mL/hr})$
 - Verapamil 5 mg IV
 - Diphenhydramine 50 mg IV
 - Solumedrol 125 mg IV
 - Famotidine 20 mg IV
- TRB band placed
- Stent card placed in chart

4C

- He has just arrived to 4C from the Cath Lab.
- Vital signs: T- 98.9^O F (oral); BP 108/56; HR- 118; RR- 24; SpO2- 91% on 2L NC
- You performed a 12-Lead ECG with the following findings: _____
- Present condition: Chest pain free currently; complaint of fatigue & dyspnea; crackles present; low back pain 3/10; EF 35%
- Ecchymosis at right radial site; TR Band in place
- Medications: All but the IV fluid are medications the patient will also be prescribed at discharge
 - ASA 81 mg PO Daily
 - Brilinta 90 mg PO BID
 - Atorvastatin 40 mg PO QHS
 - Metformin 500 mg PO BID- Hold for 48 hours
 - Enalapril 10 mg PO BID
 - Acetaminophen 500 mg PO Q 4-6 hours PRN non-cardiac pain
 - D5 0.45 NS at 80 mL/hr- slowed this due to probable HF and fluid overload

1-hour post simulation assignment and survey: due April 24, 2023 at 1600

Discharge Education: A copy of this document is on Edvance360 under Simulation Resources- use this electronic version to complete and submit the assignment.

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 were diagnosed with an Inferior STEMI which is a heart attack caused by a blockage in your heart. A Stent was placed to open that blockage and keep it open and keep the blood flow circulating throughout your heart as it should. To prevent further occurrences or another heart attack several changes should be made such as taking all medications as directed, eating a healthy diet, exercising, cessation of smoking, and ensuring proper follow ups with your health care provider.
Medications	<p>Take all medications as directed by your provider.</p> <ul style="list-style-type: none"> -ASA: For blood thinning/platelet aggregation (Prevents new clots from forming) -Brilinta: For platelet aggregation (Keep stent functional and prevents it from clotting off) -Atorvastatin: Cholesterol medication which helps to lower bad cholesterol that could lead to another MI -Metformin: Medication for your diabetes which helps maintain adequate blood sugar levels -Enalapril: Blood pressure medication which helps keep your blood pressure in a normal range. <p>Make sure to take these as directed, can not stress this enough. Even if you are “feeling normal” keep taking them as directed this means they are doing their job! If these medications become to much of a financial stressor for you talk with your provider or utilize copay assistance programs or programs such as GoodRX to help with the cost.</p>

	 <p>The image shows a GoodRx Prescription Savings Card. It features a yellow and white design. The text on the card includes: 'GoodRx' in a large font, 'Prescription Savings Card' in a bold font, 'MEMBER ID AC6350125', 'BIN: 015995', 'PCN: GDC', 'GROUP: DR77', 'Show this card to save up to 80% on your prescriptions', 'Questions? Customers: 1-855-442-9965 Pharmacists: 1-855-482-1940'.</p>
<p>Follow-up/ Compliance</p>	<p>Ensure to follow up with your provider as directed. Following up as directed can prevent any further occurrences because your provider can assess your condition and make any changes if necessary, like changing medications, adding any necessary medications, or order lab work.</p>
<p>Puncture site care</p>	<ul style="list-style-type: none"> -Do not participate in any strenuous activities for 2 days following your procedure. - Increase activity gradually until you reach your normal level of activity. -Make sure to get the ok from your provider when you can return to work, resume sexual activity, and driving. On average you can start driving after 24 hours but make sure to verify with your provider prior to doing so.
<p>Diet</p>	<ul style="list-style-type: none"> -Include a wide variety of fruits and vegetables -Incorporate whole grains -Eat health sources of proteins ex. Plant based such as legumes, fish/seafood. If eating chicken or beef, choose the lean/unprocessed -Minimize processed foods -Decrease added sugars -Avoid foods with added salts and avoid adding salt to your food -Preferably no alcohol -Provided to you is the DASH diet plan follow this to help with your heart health.

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.

 **Eat This**

 **Limit This**

 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

www.nhlbi.nih.gov/DASH



Exercise/ Activity	<ul style="list-style-type: none">-Be sure to follow the advice from your provider when it comes to any exercise programs. Most likely you will start a cardiac rehab exercise program.-If cardiac rehab is not feasible make sure to communicate with your provider and ask if what exercise you want to do is safe and suitable for you to do.-Stop and rest if any activity causes you pain, dizziness, shortness of breath, or any feeling of unwell.-Do not exercise directly after eating or drinking and alcohol.-Make sure to drink water before and after any exercise.-Walking can be a great way to get your exercise in.-Walking can help manage your weight, blood pressure, cholesterol, maintain bone density, improve balance/coordination.-If you choose to start walking start slow with 5-10 minutes per day and slowly build up to 30 minutes a days. This build up should take several weeks so do not try to overdo it.-When walking make sure you are doing so at a comfortable pace do not try to overexert yourself!-Attached is a beginner walking plan that you can utilize with permission from your provider.
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GET-MOVING WALKING PLAN

LEVEL:
Beginner

SESSION TIMES:
30 to 35 minutes

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 5 minutes at a moderate pace, then do 5 minutes at a brisk pace. Repeat 2x more for a total of 30 minutes . RPE: 6	Walk or cross-train** for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 15 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 30 minutes . RPE: 5–7	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5
2	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 5 minutes at a moderate pace, then do 5 minutes at a brisk pace. Repeat 2x more for a total of 30 minutes . RPE: 6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 35 minutes . RPE: 5–7	Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of 35 minutes . RPE: 5–6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5
3	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 5 minutes at a moderate pace, then go briskly for 10. Repeat 2x more for a total of 30 minutes . RPE: 6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 35 minutes . RPE: 5–7	Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of 35 minutes . RPE: 5–6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5
4	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 9 minutes briskly; recover for 1 minute. Repeat 2x more, for a total of 30 minutes . RPE: 6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 35 minutes . RPE: 5–7	Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of 35 minutes . RPE: 5–6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5

* **RPE:** Rate of Perceived Exertion. RPE is a self-measurement of how hard you feel you're working out, with 0 being no effort and 10 being heart-pounding, sweat-dripping super hard. Aiming for an RPE of at least 5 will help produce the best weight-loss results.

** **Cross-train:** Choose an activity, other than walking, that you enjoy. It can be cardio or resistance moves—anything from swimming to yoga.

Adapted from Family Circle.
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The information and fitness plan provided in this document are not intended to be a substitute for professional medical advice. Always consult with your physician or other qualified health provider before beginning a fitness plan.



Smoking cessation	<ul style="list-style-type: none">-Quitting smoking is the number one way to help prevent further heart disease problems.-When you smoke your blood vessels tighten, when this happens you heart has to pump harder.-Smoking raises your triglycerides which is the fat in your blood. This promotes a buildup of plaque which can put you at a risk of another heart attack.-Your blood vessels also become inflamed, which damages them. When this damage occurs your heart does not pump effectively like it should.-As you know smoking exposes your lungs to over 7,000 chemicals and 70 of those are known to cause cancer.-

	<p>STOP SMOKING</p> <p>CardioSmart American College of Cardiology</p> <p>WHY STOP SMOKING?</p> <ul style="list-style-type: none"> It harms nearly EVERY ORGAN in your body, including your HEART Smoking causes 1 OUT OF 4 DEATHS from heart and vascular disease Quitting isn't EASY, but it will give back years of YOUR LIFE <p>HARM TO YOUR HEART</p> <ul style="list-style-type: none"> • IRREGULAR HEARTBEAT • THICKENED AND NARROWED BLOOD VESSELS • PLAQUE BUILDUP IN THE ARTERIES <p>TIPS TO QUIT</p> <ul style="list-style-type: none"> ✓ Find a plan that best fits you ✓ Set a date ✓ Remind yourself why you're quitting ✓ Avoid activities or places that make you want to smoke ✓ Make it public ✓ Ask about programs to help you quit ✓ Take advantage of the tools and resources available at CardioSmart.org and get help at 1-800-QUIT-NOW ✓ Don't give up! Slips are often part of the process ✓ Celebrate small successes <p>For more information, visit CardioSmart.org/StopSmoking</p> <p><small>Information provided for educational purposes only. Please consult your health care provider about your specific health needs.</small></p>
<p>Signs and symptoms to report/Seek</p>	<ul style="list-style-type: none"> -Uncomfortable pressure, fullness, or squeezing sensations in the center of the chest that last more than a few minutes, this can go away and come back -Pain that spreads to the shoulders, neck, jaw, arms, or back. -Chest discomfort accompanies by lightheadedness, fainting, sweating, nausea or

medical care	shortness of breath. -Difficulty breathing -Symptoms of indigestion/heartburn, or abdominal pain. -Unexplained anxiety, weakness, or fatigue -Palpitations, cold sweats, or paleness. * If you feel like you are experiencing any of these call emergency medical services so that you can be evaluated as soon as possible. *
Other	

The electronic version of this document is under Simulation Resources