

ShawnitaMiller

UNIT 2 ASSESSEMENT 1/22/24

Cardiovascular Assessment

Your assignment for the Assessment Module is to formulate a **thorough** list (in table format) of Non-Modifiable and Modifiable risk factors for Cardiovascular Disease. Include **two** educational topics that you would teach your patient for **each** risk factor

Non-modifiable	Modifiable	Two educational topics that you would teach your patient for each risk factor
GENDER	PHYSICAL INACTIVITY	<ul style="list-style-type: none">• Exercise at least 30 mins 3-4 times a week.• Strength training at least 2 times a week.
AGE	SMOKING	<ul style="list-style-type: none">• Cessation of smoking reduces risk for cardiovascular disease.• Smoking increases BP which would lead to hypertension.
FAMILY HISTORY	DIABETES TYPE 2	<ul style="list-style-type: none">• Control your weight make a diabetes meal plan.• Take medicine for diabetes as prescribe
ETHNICITY/RACE	HYPERTENSION	<ul style="list-style-type: none">• Control Blood Pressure by exercising, set a goal to be more active every week.• Eating a healthy diet low saturated fat.
	Stress	<ul style="list-style-type: none">• Meditation, prayer, and quiet time can help in lowering stress.• Avoid situations that causes stress

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