

Unit 2: Cardiovascular Assessment
Risk Factors for Cardiovascular Disease

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Non-Modifiable	Modifiable
<i>Age</i> (increased risk with age, older adults are at an increased risk)	<i>Nutrition/ Daily diet</i> (high consumption of salt, fat, cholesterol and low fruits or vegetables)
<ul style="list-style-type: none"> - I would teach about routine visits with their health care provider to ensure their BP, cholesterol, and cardiovascular assessments are within normal limits or to catch an underlying problem early. 	<ul style="list-style-type: none"> - I would educate the patient on a well balanced diet and healthy food alternatives.
<ul style="list-style-type: none"> - I would teach potential signs and symptoms they can be on alert for such as chest pain, excessive fatigue, difficulty breathing, and more. 	<ul style="list-style-type: none"> - I would teach about the effects salt, fat, and cholesterol have on their body and how it can affect them with age.
<i>Gender</i>	<i>Activity & Exercise (sedentary lifestyle)</i>
<ul style="list-style-type: none"> - I would educate that men are at an increased risk of developing cardiovascular diseases. 	<ul style="list-style-type: none"> - I would educate the benefits activity has on their heart, such as lowering BP and improving circulation.
<ul style="list-style-type: none"> - I would educate that women are at an increased risk during menopause or post menopausal due to the change in hormone levels. 	<ul style="list-style-type: none"> - I would educate how being immobile can lead to clots which can be fatal.
<i>Family history / Genetics</i>	<i>Sleep / Rest</i>
<ul style="list-style-type: none"> - I would assess their family history and educate on what diseases increase their risk for CVD. 	<ul style="list-style-type: none"> - I would educate that lack of sleep can contribute to CVD and the heart needs time to rest. The lack of sleep puts extra stress onto the heart and can lead to increased BP.
<ul style="list-style-type: none"> - I would educate them on signs and symptoms to help them recognize potential diseases they may inherit. 	<ul style="list-style-type: none"> - I would educate on how lack of sleep can lead to depression and anxiety which can be factors that lead to CVD.
<i>Ethnicity / Race</i>	<i>Smoking / Tobacco usage</i>
<ul style="list-style-type: none"> - I would educate that African Americans have an increased risk for cardiovascular disease 	<ul style="list-style-type: none"> - I would educate how smoking causes harmful substances to damage internal organs, can cause blockages, and increase their risk.

<ul style="list-style-type: none"> - I would educate that South Asians have an increased risk to obesity and coronary artery disease that can increase their risk for CVS. 	<ul style="list-style-type: none"> - I would educate on smoking reduces the body's oxygen levels and this can cause the heart to get less oxygen and become weak.
<p><i>Pregnancy Complications such as preeclampsia, gestational diabetes.</i></p>	<p><i>Alcohol or Drug intake</i></p>
<ul style="list-style-type: none"> - Preeclampsia increases blood pressure which can affect the blood vessels and lead to CVD. 	<ul style="list-style-type: none"> - I would educate how alcohol intake can cause the heart to become weak or cause the body to have irregular heart rhythms. Alcohol can also increase the risk for obesity and elevated cholesterol which are risk factors. I would educate that women should have 1 drink a day at maximum and men should only have 2 or less.
<ul style="list-style-type: none"> - Gestational diabetes increases blood sugar and without proper lifestyle and diet changes the women can be at increased risk for stroke or CVD. These women are also more likely to develop diabetes later in life. 	<ul style="list-style-type: none"> - Stimulant drugs can raise blood pressure and increase risk, while opioids cause respiratory depression and decreased oxygen to body.
<p><i>Immunocompromised patients</i></p>	<p><i>Anxiety (Living in a stressful environment, lack of resources to deal with stressors)</i></p>
<ul style="list-style-type: none"> - I would educate how they are at increased risk due to possible chronic inflammation, weak immune system, lifestyle changes, or metabolic effects) 	<ul style="list-style-type: none"> - I would educate how anxiety increases adrenaline in the body which will increase BP, overtime this can damage the blood vessels leading to heart.
<ul style="list-style-type: none"> - I would educate on infection control, hand hygiene, and proper sanitation to help prevent any future illness. 	<ul style="list-style-type: none"> - I would educate on stress management techniques such as deep breathing, meditation, yoga, and more.
	<p><i>Inadequate knowledge regarding modifiable risk factors</i></p>
	<ul style="list-style-type: none"> - I would educate them on websites or books to expand their knowledge regarding CVD. I would also provide them with information to refer to.
	<ul style="list-style-type: none"> - I would assess their risk factors and educate them on each one. I would also educate on coping mechanisms if

	they need healthy ways to cope with the new required lifestyle changes.
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