

Marilyn Miller Cardio unit 2 assessment HW

Modifiable risk factors	Educational topics
HTN	<ol style="list-style-type: none"> 1. Perform physical activity daily. 2. Reduce salt intake to decrease blood pressure.
High Serum Lipids/HLD	<ol style="list-style-type: none"> 1. Engage in daily physical activity. 2. Reduce total fat intake.
Tobacco use	<ol style="list-style-type: none"> 1. Begin a tobacco cessation program. 2. Change daily routines associated with tobacco use to reduce desire to smoke.
DM	<ol style="list-style-type: none"> 1. Monitor glucose levels regularly and follow up with healthcare provider regularly. 2. Control or reduce weight.
Obesity	<ol style="list-style-type: none"> 1. Change eating patterns and habits. 2. Avoid large, heavy meals, consider smaller, more frequent meals.
Physical inactivity	<ol style="list-style-type: none"> 1. Develop and maintain at least 30 minutes of moderate physical activity daily minimum five days a week increase activities to a fitness level. 2. encourage patient to keep track of progress through an exercise log.
Psychologic state/Stress	<ol style="list-style-type: none"> 1. Change patterns that add to stress example get up 30 minutes earlier so that breakfast is not eaten on the way to work. 2. Learn effective stress management strategies. Seek professional, help, if feeling, depressed, angry, or anxious.
Nonmodifiable risk factors	Educational topics

Increasing age	<ol style="list-style-type: none">1. Encourage the pt to see a PCP for a physical examination for early screening2. disease prevention.
Ethnicity	<ol style="list-style-type: none">1. white males have highest incidence of CAD)2. Native Americans die from heart disease earlier than expected.
Gender	<ol style="list-style-type: none">1. educate on disease specific to gender and means to prevent occurrence2. After menopause, LDL levels and risk for MI increase. Educate on managing hypercholesterolemia.
Genetic predisposition and family history of heart disease	<ol style="list-style-type: none">1. Assess if any relatives have ever been diagnosed with heart disease2. If yes educate patient on early screening tests, healthy eating habits and exercise.