

Unit 2 CV Assessment online:

Risk factors:

| Modifiable | Teaching |
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| Smoking/ Tobacco use | <ul style="list-style-type: none"> • Discuss the ways that nicotine use constricts the vessels. • Discuss the benefits of the cessation of smoking and teach about things that could be used to assist in smoking cessation. |
| Physical activity | <ul style="list-style-type: none"> • Think of some ways to stay active that don't involve actual exercise. • Discuss increasing activity and create a weekly plan to do so. |
| Stress | <ul style="list-style-type: none"> • Explain that increased stress levels have a link to high BP. • Teach about ways to reduce stress like deep breathing, yoga, etc. |
| Hypertension | <ul style="list-style-type: none"> • Teach the patient that high blood pressure often has symptoms until after damage occurs. Keeping up tracking BP is important. • Teach patients how to use or make sure they know how to use a home BP monitor and instruct them on how to keep track of their daily BPs. |
| High Cholesterol | <ul style="list-style-type: none"> • Teach the difference between good and bad cholesterol. • Discuss what heart-healthy fats are vs. what saturated fats are when it comes to patient's diet. |
| Obesity | <ul style="list-style-type: none"> • Explain how belly fat affects inflammation and heart strain. • Discuss how to read nutrition labels in order to identify sodium content and hidden sugars. |
| Diabetes | <ul style="list-style-type: none"> • Explain the ways that having high blood sugar damages the lining of the arteries over time. • Discuss the importance of foot checks for circulation, as well as being aware of the amount of carbohydrates being consumed. |
| Nonmodifiable | |
| Age | <ul style="list-style-type: none"> • Explain that blood vessels naturally stiffen over time. • Explain the importance of getting screened regularly as you get older. |
| Family History | <ul style="list-style-type: none"> • Explain the role that genetics plays in influencing things. • Encourage keeping track of family health history to help identify patterns. |
| Sex | <ul style="list-style-type: none"> • Explain that males are at a higher risk than females. • |
| Race/Ethnicity | <ul style="list-style-type: none"> • Discuss how certain groups have a greater genetic predisposition for risk factors that can lead to cardiovascular disease. • Review resources or dietary adaptations that may align with a patient's cultural norms. |