

Disease: Chronic Venous Insufficiency

Pertinent Common Signs and Symptoms

- Aching Pain
- feeling of heaviness in legs
- brown discoloration of legs
- BLE edema
- venous Stasis ulcer (around ankles)

Pertinent Physical Exam Findings/Risk Factors

- Sitting/standing in one place for a long time
- Obesity
- pregnancy

Student Name: Lindsay Davis

Pertinent Nursing Interventions

- Elevate legs
- monitor for bleeding

Disease and Brief pathophysiology

Venous Insufficiency:
 Disorders are problems with the veins that interfere with adequate return of blood flow from the extremities.

Client Education/Health Promotion

- avoid crossing legs or restrictive clothing
- Compression Stockings
- educate on bleeding precautions.

D-dimer

Labs

Diagnostic Procedures

DVT + Thrombophlebitis
 Trendelenburg test

Pertinent Medications

unfractionated heparin
 Weight heparin
 Warfarin

Potential Problems

Ulcer formation
 PE

Disease: Hypertension (HTN)

Pertinent Common Signs and Symptoms

- Headache
- dizziness
- Visual issues
- on NO symptoms

Pertinent Physical Exam Findings/Risk Factors

- Family history
- excess sodium intake
- obesity
- smoking
- stress
- hyperlipidemia
- kidney disease

Student Name: Lindsey Davis

Pertinent Nursing Interventions

- New medication education
- limit alcohol intake
- reduce stressors
- Stop smoking

Disease and Brief pathophysiology

HTN:
 Systolic blood pressure is at or ↑ than 140 mmHg or diastolic blood pressure is at or ↑ than 90 mmHg for 2 or more assessments.

Client Education/Health Promotion

- Take BP regularly
- DASH diet
- High Fruit, Veggies
- low-fat dairy
- low in salt + fat
- educate on weight loss

Diagnostic Procedures

- BUN, Creatinine
- Elevated Serum Corticoids
- Blood glucose + Cholesterol Studies
- ECG/EKGs
- Chest X-Ray

Pertinent Medications

- Diuretics
- Calcium Channel blockers
- ACE inhibitors
- Angiotensin II
- Aldosterone receptor
- beta blockers

Potential Problems

- Hypertensive Crisis
- Severe headache
- blurred vision

(PAD) Peripheral Artery Disease

Student Name: Lindsey Davis

Disease: Peripheral Artery Disease

Pertinent Common Signs and Symptoms

Pain in legs during exercise
Thick toenails
Pallor w/ elevation
Ulcers/ gangrene on toes

Pertinent Physical Exam Findings/Risk Factors

Decreased Capillary refill of toes
Decreased pedal pulses
Lack of hair on calves

Pertinent Nursing Interventions

Promote walking
Avoid crossing legs
Avoid C&A, stress, caffeine, nicotine = vasoconstriction

Disease and Brief pathophysiology

(PAD)
- Inadequate blood flow to lower extremities due to atherosclerosis

Client Education/Health Promotion

- Refrain from wearing restrictive garments
- Elevate the legs to reduce swelling
- Educate on how to stop smoking
- Promote walking to start slowly

Diagnostic Procedures

ABI
Labs

Pertinent Medications

- Antiplatelet medications
 - aspirin
 - Clopidogrel
- Statins

Potential Problems

Graft occlusion
- reduced pedal pulses
- increased pain, pallor, cold
- compartment syndrome
- numbness
- pain w/ passive movement
- edema

Angioplasty (balloon/stent)
Peripheral bypass graft

- Stress test
- Rethymography
- doppler ankle