

# ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Marianne Florido

DISORDER/DISEASE PROCESS Peripheral Artery Disease (PAD)

REVIEW MODULE CHAPTER \_\_\_\_\_

**Alterations in Health (Diagnosis)**  
**Peripheral Artery Disease**

**Pathophysiology Related to Client Problem**  
circulatory problem in which narrowed arteries reduce blood flow to limbs, extremities, usually legs don't receive enough blood flow to keep up with demand. This causes symptoms, most notably leg pain when walking (claudication).

**Health Promotion and Disease Prevention**  
Quit smoking if you're a smoker., If you have diabetes, keep your blood sugar in good control, Exercise regularly, Lower your cholesterol and blood pressure levels, if applicable, Eat foods that are low in saturated fat, Maintain a healthy weight.

## ASSESSMENT

**Risk Factors**  
Smoking, Diabetes, Obesity, High blood pressure, High cholesterol, Age, A family history of peripheral artery disease, heart disease or stroke  
High levels of homocysteine (a protein component that helps build and maintain tissue)

**Expected Findings**  
Sores on toes, feet or legs, Change in the color of skin on legs  
Shiny skin on legs, Abnormal lower extremity pulse, Vascular bruit, Lower extremity gangrene, Impaired walking function, Decreased Cap Refill, Thick Toenails, Muscle Atrophy

**Laboratory Tests**  
CBC, BUN, Crt, blood tests, i.e. cholesterol and triglycerides to check for diabetes

**Diagnostic Procedures**  
Ankle-brachial index (ABI)  
Ultrasound  
Angiography

## SAFETY CONSIDERATIONS

Medications  
Fall risks  
Skin breakdown

## PATIENT-CENTERED CARE

**Nursing Care**  
Encourage the client to exercise to build up collateral circulation  
Promote vasodilation and avoid vasoconstriction  
Promote a warm environment for the client  
Instruct client to avoid caffeine, stress and nicotine  
Have client wear insulated socks

**Medications**  
Cholesterol-lowering medications  
High blood pressure medications  
Medication to control blood sugar

**Client Education**  
Instruct client to avoid crossing legs  
Instruct to not raise legs above heart level  
Instruct to wear loose fitting clothing  
Discourage smoking and cold temperatures

**Therapeutic Procedures**  
Angioplasty  
Bypass surgery  
Thrombolytic therapy

Medications to prevent blood clots  
Symptom-relief medications

**Interprofessional Care**  
Cardiology service  
Respiratory service  
Cath lab technician  
Nurse

**Complications**  
Critical limb ischemia  
Stroke  
Heart attack