

# *Nursing management of cardiac patients*

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## *Hypertension*

- Measure vital signs (blood pressure, pulse rate, temperature, respiratory rate)
- Observe signs and symptoms such as dizziness, palpitation, dyspnea, chest discomfort, pedal edema etc.
- Give prescribed medications and observe if there are side effects
- Low salt low calorie diet. Measure body weight regularly
- Emotional support

# Ischemic heart disease

## *intensive nursing care*

- Keep patient calm down
- Frequently measure vital signs
- Frequently observe and record electrocardiograms
- Frequently observe signs and symptoms such as chest discomfort, alterations in blood pressure and pulse rate, breathing, pallor, cold sweating, consciousness etc.
- Ensure intravenous line
- Give oxygen, sedation and prescribed medications, and blood examination
- Record fluid input and output
- Maintain regular bowel movement
- Always keep the emergency apparatus ready
- Emotional support

## General nursing care

- Measure vital signs
- Observe and record electrocardiogram
- Observe signs and symptoms
- Give prescribed medications, rehabilitation and blood examination
- Emotional support

# Heart failure

## *intensive nursing care*

- Keep patient calm down
- Frequently measure vital signs
- Frequently observe signs and symptoms such as cough, dyspnea, edema, cyanosis, consciousness etc.
- Frequently observe and record electrocardiogram
- Ensure intravenous line
- Give oxygen, prescribed medications and blood examination
- Record fluid input and output
- Maintain body temperature and hygiene
- Emotional support

## **General nursing care**

- Measure vital signs
- Observe and record electrocardiogram
- Observe signs and symptoms
- Give prescribed medications and observe if there are side effects
- Measure fluid input and output, body weight and abdominal circumference
- Keep body temperature and hygiene
- Emotional support

# Cardiac arrhythmias

## Intensive nursing care

- If necessary, perform CPR immediately
- Frequently measure vital signs
- Frequently observe and record electrocardiogram
- Frequently observe signs and symptoms such as palpitation, dizziness, consciousness etc.
- Ensure intravenous line
- Always keep the emergency apparatus ready
- Give prescribed medications
- Keep patient calm down
- Emotional support

## **General nursing care**

- Measure vital signs
- Observe and record electrocardiogram
- Observe signs and symptoms
- Give prescribed medication
- Ensure intravenous line
- Always keep the emergency apparatus ready
- Emotional support

## **Valvular heart disease**

- general nursing care. If there are heart failure or ischemic heart disease, change to the respective nursing care accordingly.