Chapter 19 Circulation Study Guide

- Key terms:
- Arrhythmia: abnormal heart rate or rhythm

 Atherosclerosis: hardening and narrowing of arteries due to plaque buildup in vessel walls

 Homans' sign: pain when the affected leg is dorsiflexed, usually associated with deep phlebitis of the leg

 Physical deconditioning: decline in cardiovascular function due to physical inactivity

 Postural hypotension: decline in systolic blood pressure of 20 mm Hg or more after rising and standing for 1 minute

- 2: List factors that promote cardiovascular health
- Proper nutrition.
- Reduce intake of fried foods, animal fats
- Increase intake of complex carbs and fiber
- Use monounsaturated oils
- Omega 3 and 6
- Reduce intake of red meat, sugar, and highly processed foods
- Limit alcohol
- Nutritional supplements: Vitamin B6, Vitamin B12, Vitamin C, Selenium,

Magnesium, Calcium, Chromium, Potassium, Fish oil

- Adequate exercise
- Traditional aerobic, strengthening, and balance exercises, yoga and t'ai chi
- Cigarette smoke avoidance
- Stress management
- Proactive interventions

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National Library of Medicine Current Catalog National Library of Medicine (U.S.),1969 First multi year cumulation covers six years 1965 70 Willing's Press Guide, 1990 A guide to the press of the United Kingdom and to the principal publications of Europe Australia the Far East Gulf States and the U S A Adult Nursing Practice Ian Bullock, Jill Macleod Clark, Joanne Rycroft-Malone, 2012-05-24 Adult Nursing Practice Using evidence in care enables today s students and newly qualified nurses develop the knowledge and skills they need to deliver and lead care tomorrow Reflecting the principles of evidence based care in line with the current NMC competencies this textbook helps students learn to manage patients with common conditions and fundamental health needs so they can provide the best possible evidence based care Written and edited by leading nurses from practice education and research it focuses on common diseases fundamental health needs and symptoms that nurses encounter in daily practice Conditions are clearly explained so that the causes of ill health are easily understood Every chapter covers pathophysiology indicates the key priorities for nursing assessment and discusses what the evidence says before considering nursing management options Throughout the authors clear signposts to trustworthy evidence mean that students can effortlessly select the best nursing interventions for their patients using the current available evidence base The ideal guide for students preparing for registration and newly qualified staff going through preceptorship it is packed with over 115 illustrations and lots of features to bring the subject to life and make learning easier BLNursing assessment illustrations outline challenges caused by common diseases in a helpful and memorable way highlighting issues that need assessment BLRed flag icons indicate the warning signs of deterioration and urgent questions are listed that can be used for assessment and monitoring BLCase studies of effective evidence based interventions show the difference that high quality nursing care makes BLCross references between common conditions causes and managing related health needs and symptoms develop understanding by clearly linking pathophysiology with nursing management options BLTheory into practice boxes further enhance learning through suggested activities such as exploring key evidence considering major practice issues or applying core knowledge while out on placement BLOnline resource centre at www oxfordtextbooks couk orc bullock Filled with interactive and useful e learning resources to help students test their learning keep up to date with the latest evidence and further expand their knowledge it features BLClinical decision making scenarios BLQuiz questions BLUpdates to content BLHyperlinked references BLimages from the book BLLecturer resources

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