

# Coronary Artery Disease 1.0.8 Care Plans Adult

## Coronary Artery Disease Care Plan

Reason / Problem UpToDate  



### Coronary Artery Disease

Risk Factors UpToDate UpToDate

#### Behavioral:

- Diet choices
- Excessive alcohol intake
- Sedentary lifestyle
- Smoking

#### Condition/Disease:

- Abnormal laboratory values UpToDate
- Age UpToDate
- Autoimmune disease UpToDate
- Chronic kidney disease
- Diabetes mellitus UpToDate
- Family history of coronary artery disease
- Hyperlipidemia 
- Obesity 




#### Psychological/Personal:

- Stress factors

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## Assessment

#### Physiological:

- Altered heart sounds
- Angina
- Arrhythmia
- Asymptomatic
- Chest pain or pressure 
- Diaphoresis
- Dyspnea with exertion
- Fatigue 
- Hypertension
- Hypotension
- Nausea and vomiting
- Orthopnea 
- Peripheral edema
- Radiating chest pain

# Coronary Artery Disease

Syncope

Tachycardia 🧑🏻

Tachypnea 🧑🏻

Weak peripheral pulse(s)

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## Expected Outcomes UpToDate 🌟 🌟

### Activity:

Risk for activity intolerance will decrease

Implement cardiac rehabilitation or activity program UpToDate UpToDate 🧑🏻

Monitor cardiopulmonary response to activity UpToDate

Will verbalize the importance of balancing activity with adequate rest periods

Plan scheduling of activities to allow for periods of rest

Encourage energy conservation techniques

### Cardiac:

Ability to maintain an adequate cardiac output will improve

Monitor cardiovascular status

Monitor signs and symptoms of cardiac arrhythmias

Hemodynamic stability will improve

Monitor hemodynamic parameters UpToDate

Diagnostic test results will improve

Manage diagnostic test or procedure UpToDate 🧑🏻

Evaluate electrocardiogram

### Cognitive: 🧑🏻 🧑🏻

Knowledge of disease or condition will improve

Teach information regarding disease process or condition UpToDate UpToDate UpToDate UpToDate

Knowledge of the prescribed therapeutic regimen will improve

Teach information regarding therapeutic regimen UpToDate UpToDate UpToDate

Explain information regarding potential complications and course of action UpToDate UpToDate UpToDate

Discuss identification of weight loss strategies UpToDate UpToDate

Explain information regarding alteration of habits to promote health UpToDate UpToDate UpToDate UpToDate

Explain information regarding health promoting plan or activities UpToDate UpToDate UpToDate

Discuss information regarding tests and procedures UpToDate UpToDate UpToDate UpToDate

Explain information regarding benefits of regular exercise UpToDate UpToDate

Discuss reporting changes in condition

Review follow-up care

Explain preoperative care and/or procedures UpToDate 🧑🏻 🧑🏻 🧑🏻 🧑🏻

### Coping: 🧑🏻

Ability to verbalize feelings about condition will improve

Encourage verbalization of feelings regarding condition or disease



Ability to identify strategies to decrease anxiety will improve

# Coronary Artery Disease


Support effective coping behavior

Support identification of factors that increase anxiety

Explore methods to meet emotional needs



Assess psychological status  



Ability to identify and alter barriers to satisfying sexual function will improve



Identify factors affecting sexuality patterns 


## Health Behavior:


Ability to identify changes in lifestyle to reduce recurrence of condition will improve

Encourage smoking cessation program   


Encourage weight management program or group  



Encourage stress management techniques  

Develop treatment plan for related conditions 

Encourage need for compliance to help attain goals 

Ability to manage health-related needs will improve

Encourage compliance with prescribed medication regimen  



Support self-management skills  

Provide discharge planning

## Nutritional:

Ability to identify appropriate dietary choices will improve

Encourage appropriate dietary choices 

Encourage compliance with prescribed dietary regimen  

Refer to dietitian

## Respiratory:

Ability to maintain adequate ventilation will improve

Monitor pulmonary status

Levels of oxygenation will improve

Monitor signs and symptoms of hypoxia

Manage oxygen therapy

## Sensory:

Pain level will decrease

Encourage immediate reporting of any chest discomfort or pain  

Implement pain control measures

Monitor effects of pain control measures

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## Evaluation

### Activity:

Risk for activity intolerance has

Can verbalize the importance of balancing activity with adequate rest periods

### Cardiac:

Ability to maintain an adequate cardiac output has

# Coronary Artery Disease

Hemodynamic stability has

Diagnostic test results have

## **Cognitive:**

Knowledge of disease or condition has

Knowledge of the prescribed therapeutic regimen has

## **Coping:**

Ability to verbalize feelings about condition has

Ability to identify strategies to decrease anxiety has

Ability to identify and alter barriers to satisfying sexual function has

## **Health Behavior:**

Ability to identify changes in lifestyle to reduce recurrence of condition has

Ability to manage health-related needs has

## **Nutritional:**

Ability to identify appropriate dietary choices has

## **Respiratory:**

Ability to maintain adequate ventilation has

Levels of oxygenation have

## **Sensory:**

Pain level has

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