



Reason / Problem UpToDate  

Coronary Artery Disease

Risk Factors UpToDate UpToDate  

Coronary Artery Disease Care Plan

Behavioral:

Diet choices  

Sedentary lifestyle

Smoking UpToDate


Condition/Disease:


Abnormal laboratory values UpToDate UpToDate


Age UpToDate

Autoimmune disease UpToDate UpToDate

Chronic kidney disease

Diabetes mellitus UpToDate 

Family history of coronary artery disease 

Hyperlipidemia 

Obesity 

Psychological/Personal:

Stress factors



Assessment

Functional:


Weight 20% greater than ideal body weight

Physiological:

Angina

Arrhythmia  

Asymptomatic 

Chest pain or pressure 



Diaphoresis 

Dyspnea with exertion

Fatigue 

Hypertension UpToDate

Hypotension

Nausea and vomiting  

Orthopnea 

Tachypnea 

Weak peripheral pulse(s)

Psychological:

Psychological distress

Expected Outcomes

Activity:

Risk for activity intolerance will decrease

Will verbalize the importance of balancing activity with adequate rest periods

Cardiac:

Ability to maintain an adequate cardiac output will improve

Hemodynamic stability will improve

Cognitive:

Ability to make informed decisions regarding treatment will improve

Knowledge of disease or condition will improve

Knowledge of the prescribed therapeutic regimen will improve

Health Behavior:

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

Ability to manage health-related needs will improve

Nutritional:

Ability to identify appropriate dietary choices will improve

Physical Regulation:

Complications related to the disease process, condition or treatment will be avoided or minimized

Diagnostic test results will improve

Self-Concept:

Ability to identify strategies to decrease anxiety will improve

Ability to verbalize feelings about condition will improve

Sensory:

Expressions of feelings of enhanced comfort will increase

Pain level will decrease

Interventions UpToDate B ★ ★ ★**Activity:**

Implement cardiac rehabilitation or activity program UpToDate B B ★

Monitor cardiopulmonary response to activity UpToDate

Identify limitations or barriers to activity and/or exercise UpToDate UpToDate

Plan scheduling of activities to allow for periods of rest

Cardiac:

Monitor cardiovascular status

Monitor hemodynamic parameters

Monitor signs and symptoms of cardiac arrhythmias

Cognitive: ★ B

Discuss identification of weight loss strategies UpToDate UpToDate

Discuss information regarding nutritional needs UpToDate UpToDate UpToDate

Discuss information regarding tests and procedures UpToDate UpToDate UpToDate UpToDate

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

Explain information regarding benefits of regular exercise UpToDate UpToDate ★

Explain information regarding health promoting plan or activities UpToDate UpToDate UpToDate UpToDate

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

Explain preoperative care and/or procedures UpToDate 👤 👤 👤 👤


Teach information regarding disease process or condition UpToDate UpToDate UpToDate UpToDate


Teach information regarding therapeutic regimen UpToDate UpToDate UpToDate


Health Behavior: !


Develop treatment plan for related conditions !


Encourage compliance with prescribed medication regimen B D ★ !

Encourage need for compliance to help attain goals 


Encourage smoking cessation program 


Encourage weight management program or group 

Evaluate ability to change behavior 


Support self-management skills 


Nutritional:

Encourage appropriate dietary choices 


Encourage compliance with prescribed dietary regimen 

Physical Regulation:

Manage diagnostic test or procedure 

Monitor response to treatment 

Monitor for complications


Provide symptom management 


Self-Concept:

Assess psychological status 


Encourage stress management techniques 

Encourage verbalization of feelings regarding condition or disease

Explore methods to meet emotional needs 


Support identification of factors that increase anxiety 

Sensory:

Encourage immediate reporting of any chest discomfort or pain 

Encourage notification of inadequate pain control measures

Explore factors that precipitate, worsen or relieve pain or discomfort

Implement pain control measures 

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

Hemodynamic stability has

Cognitive:

Ability to make informed decisions regarding treatment has

Knowledge of disease or condition has

Knowledge of the prescribed therapeutic regimen 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

Physical Regulation:

Complications related to disease process, condition or treatment have been avoided or minimized

Diagnostic test results have

Self-Concept:

Ability to identify strategies to decrease anxiety has

Ability to verbalize feelings about condition has

Sensory:

Expressions of feelings of enhanced comfort have

Pain level has
