Assess for the presence of risk factors

- Increasing age
- Male gender
- Family member who had a heart attack at an early age
- Ethnicity: African American, Mexican American, American Indian, native Hawaiians and some Asian Americans
- Disease risk factors: diabetes, hypertension, high cholesterol
- Tobacco smoker or exposure to tobacco smoke
- Physical inactivity
- Obesity
- Stress
- Excessive alcohol consumption

Are Risk Factors Present?

Are symptoms of acute coronary syndrome present?
- Chest discomfort/jaw pain
- Shortness of breath
- Activity intolerance
- Diaphoresis
- Nausea/vomiting

Follow emergent plan of care for PC: myocardial infarction

Initiate client education for Health Seeking Behaviors to identify:
- Risk factors
- Signs and symptoms for early detection of disease
- No smoking & limit alcohol
- Eat a diet low in fat, no trans fat that is rich in fruit and vegetables
- Have cholesterol and BP checked at regular intervals
- Exercise aerobically for 30-60 minutes
- on most days of the week
- Keep diabetes under control
- Maintain a BMI <25

Box 1

Initiate the plan of care for a Risk For Ineffective Therapeutic Regimen management for asymptomatic CAD:
- Disease process and s/s of acute coronary syndrome and therapeutic follow-up
- Teach medication use: Aspirin therapy, ACE inhibitors, Antianginals, Beta Blocker and Blood pressure control, Cholesterol management, Diabetes management, use of sublingual Nitroglycerin
- Teach about cardiac procedures as needed: stress testing, catheterization, PCI, CABG
- Attend cardiac rehabilitation
- Patient teaching from box 1