

Coronary artery disease case study

Business



Coronary Artery Disease is briefly described as a plaque blockage cutting off blood flow to your heart. Cholesterol deposits slowly, over decades, build up in the vessel “ all and cause a decrease in blood flow. A patient with decreased blood flow to the heart may have angina, shortness of breath, and in some cases a myocardial infarction. 2. Mr..

G’s BMI is calculated using his height and weight, once I did the calculation I determined that Mr.. G’s BMI is 25. 8, and according to the National Heart Lung and Blood Institute he is categorized as “ overweight”, but just barely. The interval for qualifying as overweight is 25-29.

9 so he qualifies, but with a small weight reduction of seven pounds he could drop to “ normal weight”. The equation to calculate BMI is weight/height squared times 703. 3. I do believe that Mr.. S has clinically significant C.

A. D. He is overweight, has high blood pressure, type 2 diabetes, smokes, high levels of stress, high cholesterol, low HDL levels, and high LDL and triglyceride levels, as well as chest pain upon exertion.

His weight, type 2 diabetes, smoking, and high levels of stress are significant risk factors that predispose him to C. A.

D. His actual test results show me that he is more than qualified to have developed C. A. D. And his chest pain upon exertion may show that he’s already developed a significant amount of blockage. 4.

I would suggest that Mr.. S reduce his stress level, however knowing that he has a type A personality, he may find it difficult. He also needs to cease

smoking completely, and lose some weight, as previously mentioned a weight reduction of not even ten pounds could drop his BMI into normal weight range.

He also needs to change his eating habits. If Mr.

. S saw a nutritionist he could get a diet tailored to his specific needs as he has diabetes and high cholesterol and blood pressure levels. He should also begin mild to moderate exercise upon clearance from his doctor. I believe that all of these suggestions if followed could significantly improve his quality of life and help with his angina and possible chance of a myocardial infarction. Realistically in the first six months I'd like to see Mr.

. S lose five to ten pounds.

I believe this is a realistic goal as I would also like to see him quit smoking and if not completely quit at least reduce his smoking to a third of what he had been previously smoking. If he meets my requests about smoking it could make weight reduction difficult, if he cuts back on smoking I will be pleased at only a five pound reduction, but as he needs to lose seven to have normal BMI anything more will be extremely pleasing. I'd also like to see him make some dietary changes maybe cut out fried food, soda, and increase his fiber intake as

well as vegetables and fruit.

If he begins an exercise regime I will be significantly impressed however if he exercises more than he had previously done I will consider it a success. I believe in a patient like Mr. S who has as many issues as he does that few
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small suggestions every visit will be better than overwhelming him with numerous requests. I also believe that if we set small goals every visit it will help keep Mr.

. S motivated in his lifestyle changes instead of causing him to feel discouraged and give up.