

Study and Memory Aids

POSTOPERATIVE POSITIONING OF CLIENT WITH VASCULAR CONDITION		
Condition	Position	Purpose
Arterial insufficiency	<ol style="list-style-type: none"> 1. Do <i>not</i> elevate legs. 2. <i>Avoid</i> hip flexion—walk or stand, but do <i>not</i> sit 	<ol style="list-style-type: none"> 1. Arterial flow is helped by gravity. 2. Flexion of the hip compresses the vessels of the extremity
Vein strippings; vein ligations	<ol style="list-style-type: none"> 1. Keep legs elevated. 2. Do <i>not</i> stand or sit for long periods. 	<ol style="list-style-type: none"> 1. Prevents venous stasis. 2. Prevents venous pooling.

Source: Jane Vincent Corbett, RN, MS, EdD., Professor Emerita, School of Nursing, University of San Francisco. Used with permission.

Assessment of Hypertension: “ELEVATED”

- E**xertional SOB
- L**ack of activity
- E**arly-morning headache
- V**ascular changes
- A**nxiety increased
- T**ired
- E**pistaxis
- D**iastolic pressure elevated

Hypertension: Complications—4 Cs

- CAD (coronary artery disease)
- CHF (congestive heart failure)
- CRF (chronic renal failure)
- CVA (cerebrovascular accident; now called *brain attack*)

No Smoking with Hypertension



Central Venous Pressure

- Determined by vascular tone, blood volume, and the ability of the heart to receive and pump blood.
- Measured using a central venous catheter placed in the superior vena cava; normal value: 2–12 mm Hg.

Varicose Veins Assessment: “TWISTED”

- T**wisted
- W**ork posture
- I**rreversible process
- S**welling
- T**rendelenburg test result positive
- E**x extremities—lower
- D**ull aches

Vein Ligation and Stripping



No sitting

Diagnostic Study

Venography—determines patency of the tibial-popliteal, superficial femoral—common femoral, and saphenous veins. A contrast medium is injected into the superficial and/or deep veins of the involved extremity, followed by acquisition of x-ray studies, while the leg is placed in a variety of positions; *used* to detect deep-vein thrombosis and to select a vein for use in arterial bypass grafting; localized clotting may result.

Diets

Hypertension

- ↓ Calories
- ↓ Cholesterol
- ↓ Na⁺
- ↓ No caffeine

Arteriosclerosis Obliterans

- ↑ Cholesterol, fat
- ↓ Vitamin B & C

Aneurysms

- ↓ Caloric intake
- ↓ Cholesterol