

## Study and Memory Aids

POSTOPERATIVE POSITIONING OF CLIENT WITH VASCULAR CONDITION		
Condition	Position	Purpose
Arterial insufficiency	1. Do <i>not</i> elevate legs. 2. <i>Avoid</i> hip flexion—walk or stand, but do <i>not</i> sit	1. Arterial flow is helped by gravity. 2. Flexion of the hip compresses the vessels of the extremity
Vein strippings; vein ligations	1. Keep legs elevated. 2. Do <i>not</i> stand or sit for long periods.	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”

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

### Hypertension: Complications—4 Cs

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**C**AD (coronary artery disease)  
**C**HF (congestive heart failure)  
**C**RF (chronic renal failure)  
**C**VA (cerebrovascular accident; now called *brain attack*)

### No Smoking with Hypertension

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### Central Venous Pressure

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- 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”

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**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

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No sitting

### Diagnostic Study

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**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

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#### Hypertension

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Calories  
 Cholesterol  
 Na<sup>+</sup>  
 No caffeine

#### Arteriosclerosis Obliterans

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Cholesterol, fat  
 Vitamin B & C

#### Aneurysms

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Caloric intake  
 Cholesterol