

## MY ONLINE EDUCATIONAL RESOURCE

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### ***How to create an educational project to support cardiopathic patients and their family***

#### **DOC1. Introduction document**

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#### **Medical Definition of Chronic disease**

Medical Author: William C. Shiel Jr., MD, FACP, FACR. Article taken from:  
<https://www.medicinenet.com/script/main/art.asp?articlekey=33490>

Chronic disease: A disease that persists for a long time. A chronic disease is one lasting 3 months or more, by the definition of the U.S. National Center for Health Statistics. Chronic diseases generally cannot be prevented by vaccines or cured by medication, nor do they just disappear. Eighty-eight percent of Americans over 65 years of age have at least one chronic health condition (as of 1998). Health damaging behaviors - particularly tobacco use, lack of physical activity, and poor eating habits - are major contributors to the leading chronic diseases.

Chronic diseases tend to become more common with age. The leading chronic diseases in developed countries include (in alphabetical order) arthritis, cardiovascular disease such as heart attacks and stroke, cancer such as breast and colon cancer, diabetes, epilepsy, obesity, and oral health problems. Each of these conditions plague older adults in the US (and other developed nations).

Arthritis and related conditions are the leading cause of disability in the US affecting nearly 43 million Americans. Although cost-effective interventions are available to reduce the burden of arthritis, they are underused. Regular, moderate exercise offers a host of benefits to people with arthritis by reducing joint pain and stiffness, building strong muscle around the joints, and increasing flexibility and endurance.

Cardiovascular disease is a growing concern in the US. Heart disease is the nation's leading cause of death. Three health-related behaviors--tobacco use, lack of physical activity, and poor nutrition--contribute markedly to heart disease. Modifying these behaviors is critical for both preventing and controlling heart disease. Modest changes in one or more of these risk factors among the population could have a profound public health impact.

Cancer is the second most common cause of death in the US. Cancer is largely controllable through prevention, early detection, and treatment. Reducing the nation's cancer burden requires reducing the prevalence of the behavioral and environmental factors that increase cancer risk. It also requires ensuring that cancer screening services and high-quality treatment are available and accessible, particularly to medically underserved populations.

Diabetes is a serious, costly, and increasingly common chronic disease. Early detection, improved delivery of care, and better self-management are the key strategies for preventing much of the burden of diabetes. Seven million persons aged 65 years or older (20.1% of all people in this age group) have diabetes, most of them type 2 diabetes.

Epilepsy and seizures affect about 2.3 million Americans, and result in an estimated \$12.5 billion in medical costs and lost or reduced earnings and production annually in the US. People of all ages are affected, but particularly the very young and the elderly. About 10% of Americans will experience a seizure, and about 3% will have or will have had a diagnosis of epilepsy by age 80.

Obesity has reached epidemic proportions among Americans in all age groups. Obesity among adults has doubled since 1980. People who are obese or overweight are at increased risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities, and some cancers.

## **DOC 2: Heart Disease**

### **Heart (cardiovascular) disease definition and facts**

Heart disease refers to various types of conditions that can affect heart function. These types include:

Coronary artery (atherosclerotic) heart disease that affects the arteries to the heart

Valvular heart disease that affects how the valves function to regulate blood flow in and out of the heart

Cardiomyopathy that affects how the heart muscle squeezes

Heart rhythm disturbances (arrhythmias) that affect the electrical conduction

Heart infections where the heart has structural problems that develop before birth

Coronary artery disease is the most common type of heart disease in the US.

Coronary arteries supply blood to the heart muscle and coronary artery disease occurs when there is a buildup of cholesterol plaque inside the artery walls. Over time, this buildup of plaque may partially block the artery and decrease blood flow through it.

A heart attack occurs when a plaque ruptures and forms a clot in the artery causing a complete blockage. That part of the heart muscle that is denied blood supply starts to die.

Classic signs and symptoms of coronary heart disease may include:

Chest pain (angina) - This pain may radiate or move to the arm, neck or back.

Shortness of breath

Sweating

Nausea

Irregular heartbeat

Not all people with coronary artery disease have chest pain as a symptom. Some may have signs and symptoms of indigestion, or exercise intolerance where they cannot perform activities that they normally once could.

Coronary heart disease is initially diagnosed by patient history and physical examination. EKG blood tests, and tests to image the arteries and heart muscle confirm the diagnosis.

Treatment for coronary heart disease depends upon its severity. Many times lifestyle changes such as eating a heart healthy diet, exercising regularly, stopping smoking and controlling high blood pressure, high cholesterol and diabetes may limit the artery narrowing.

In some people, surgery or other procedures might be needed.

What are the signs and symptoms of heart (cardiovascular) disease?

The classic symptoms of angina, or pain from the heart, are described as a crushing pain or heaviness in the center of the chest with radiation of the pain to the arm (usually the left) or jaw. There can be associated shortness of breath sweating and nausea.

The symptoms tend to be brought on by activity and get better with rest.

Some people may have indigestion and nausea while others may have upper abdominal, shoulder, or back pain.

Unstable angina is the term used to describe symptoms that occur at rest, waken the patient from sleep, and do not respond quickly to nitroglycerin or rest.

#### Other heart (cardiovascular) disease symptoms and signs

Not all pain from heart disease have the same signs and symptoms. The more we learn about heart disease, the more we realize that symptoms can be markedly different in different groups of people. Women, people who have diabetes, and the elderly may have different pain perceptions and may complain of overwhelming fatigue and weakness or a change in their ability to perform

routine daily activities like walking, climbing steps, or doing household chores. Some patients may have no discomfort at all.

Most often, the symptoms of cardiovascular disease become worse over time, as the narrowing of the affected coronary artery progresses over time and blood flow to that part of the heart decreases. It may take less activity to cause symptoms to occur and it may take longer for those symptoms to get better with rest. This change in exercise tolerance is helpful in making the diagnosis.

Often the first signs and symptoms of heart disease may be a heart attack. This can lead to crushing chest pressure, shortness of breath, sweating, and perhaps sudden cardiac death

### **DOC3 : Nutrition and Cardiovascular Disease by Melvyn Rubenfire**

#### **PP PRESENTATION**

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Taken from the OER site of the University of Michigan, School of Nursing.

<https://open.umich.edu/find/open-educational-resources/medical/cardiovascular-m2>

### **DOC 4: Come aumentare le conoscenze dei pazienti con cardiopatia ischemica sulla loro malattia?**

#### **Utilità di un incontro educativo tenuto da infermieri**

Taken from [giornaledicardiologia.it](http://giornaledicardiologia.it)

[http://www.giornaledicardiologia.it/r.php?v=585&a=6911&l=9558&f=allegati/00585\\_2009\\_04/fulltext/2009-04.08%20249-255.pdf](http://www.giornaledicardiologia.it/r.php?v=585&a=6911&l=9558&f=allegati/00585_2009_04/fulltext/2009-04.08%20249-255.pdf)