Heart Case study

Name

Institution

1. **How does an understanding of the mechanisms of the heart help you in treatment of your patient regardless of the illness?**

The normal functioning of heart is irrefutably significant for human survival because nutrients-and-oxygen-rich blood moves around the body organs through pumping mechanism of heart e.g., systolic and diastolic blood pressure. Hence, it can be concluded that abnormal functioning of heart is advocate for the inappropriate functioning of other body organs e.g., lungs, kidneys, brain and so on, which is undoubtedly an undeniable fact in biological sciences (Lin et. al., 2012). For example, when tension in ventricular walls of the heart is produces, it directly takes message to the brain’s hypothalamus, which then instructs kidney for activating the Rennin–Angiotensin System (RAS)—responsible for the release of rennin hormone which signals lower blood pressure and instant intervention for preventing heart failure. Hence it is important to understand its mechanism of action because it is directly linked to the functioning of other abnormalities, for example, obesity, diabetes, kidney disease, hypertension and valvular disease (Ghazi & Paul, 2017).

1. **How does basic cardiac monitoring factor taken into account while caring for your patient?**

Blood pressure fluctuation, tightness of the chest, heart beat with intermittent intervals and breathing issues are some symptomatic manifestations of cardiac problems which are directly linked to other organic functioning. Hence, keeping a strict check of the heart beat rate, blood pressure, and breathing normality, will certainly ensure proper monitoring of the patient. ECG, blood pressure instruments and patient-talks are effective tools to measure these factors.

1. **How do you care for patients with dysrhythmia? Share some of your best practices.**

As the name notifies, dysrhythmia is the condition in which heart beats irregularly. Various underlying causes are specified as the contributing factors behind this condition encapsulating heart disease, electrolyte disequilibrium (for instance, potassium and sodium), alteration in the anatomy of heart muscles, injury after heart attack, and ongoing healing after cardiac surgery (Gary, 2016). Their care includes both preventive and management strategies including:

1. Strict impulse monitoring
2. Avoiding trigger e.g., caffeine, alcohol, drugs, psychotropic medications
3. Avoiding supplements that interfere with medications
4. Taking prescribe medicine regularly
5. Healthy life style—exercise and dieting

**References**

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