

NUR 2063 / NUR2063 Essentials of Pathophysiology Final Exam Review| Best Rated Guide | Latest, 2021 / 2022 | Rasmussen College

1. Modifiable Risk Factors for HTN

- Diet
- Exercise
- Weight
- Sugar
- Cholesterol
- Smoking
- Alcohol consumption

2. Nonmodifiable Risk Factors for HTN

- Age
- Family history
- Ethnicity/genetics

3. How is hypertension managed/treated?

- Sodium Diet (Low Sodium)
- Low fat
- Low cholesterol
- Increase exercise and physical activity

4. What medications are often prescribed to manage HTN?

- Diuretics
- Beta Blockers (Very Big)- End in LOL
- Ace Inhibitors- End in pril
- ARBs- Ends in Tan o Losartan

- **Calcium Channel Blockers**

5. What are complications of hypertension if left unmanaged?

- **Renal failure**
- **Stroke**
- **Heart failure (Very big RF)**
- **Kidney disease**
- **Heart disease**
- **Peripheral vascular disease**
- **Changes in vision (due to vessels in eyes being delicate)**

6. What is the role of renin angiotensin-aldosterone system in managing blood pressure?
VERY IMPORTANT

- **Creates enzymes to regulate blood pressure (occurs when arterial blood pressure declines)**

7. When does renin angiotensin-aldosterone occur?

- **when arterial blood pressure declines**

8. What is coronary artery disease?

- **Narrowing of small blood vessels that supply blood and oxygen to the heart**

9. What is atherosclerosis?

- **Fatty material and plaque buildup on the walls of the arteries- causing them to narrow, impeding blood flow**

10. How does plaque formation begin?

- **When there is damage to the endothelium the fatty material builds up (plaque) to try and help repair the damage.**

11. Stable Angina Most Common (Predictable)

- **In response to physical activity or emotional response (stress & anxiety)**

- **Relieved by rest and nitroglycerine (vasodilator)**

12. Unstable Angina

- **Unpredictable (occlusion severe enough that causes ischemia)**
- **Pain increases with occurrence and severity overtime**
- **Unrelieved by rest or nitroglycerine**

13. What diagnostic tool is used to identify acute coronary syndrome?

- **EKG**

14. Afterload

- **Aortic impedance that the left ventricle must overcome to eject blood during systole (How much force it has to overcome to push blood out)**

15. . Preload

- **Amount of blood in the ventricle at the end of diastole (How much blood is left)**

16. Ischemia

- **Restriction in blood supply to tissue causing a shortage of oxygen**

17. Contractility

- **Inherent state of activation of cardiac muscle fibers**

18. cardiac output

- **The amount of blood pumped out by each ventricle in 1 minute**

19. Left sided heart failure (Left=Lungs) -

- **Most Common**
- **Blood backs up into the lungs**

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