

Adult – Adult Cardiac Assessment

Course Description: This course serves as a comprehensive anatomy guide, to boost confidence in doing Cardiac Assessments. The module reviews cardiac anatomy and physiology, part functions, risk factors, history taking, and interview techniques. Also presented are assessment tips and interventions for patients with chest pain, common causes of chest pain, heart sounds, and how blood pressure works (preload and afterload). The author relates real-life bedside experiences to the underlying physiologies, to promote the development of critical thinking skills. Cardiac assessments will no longer be overwhelming after completing this module.

Course Objectives:

- Describe the basic anatomy of the adult cardiac system
- Describe the functions of the layers of the heart
- Explain the structure of the heart and the chambers
- List the two different types of valves in the heart and their locations
- Explain preload and afterload
- Describe how blood pressure works
- Briefly discuss normal heart sounds and *extra* heart sounds
- List the indications for interventions and tests
- Discuss the importance of history-taking and cardiac risk factors
- Describe cardiac chest pain and list other common causes of chest pain
- Describe medications used for the treatment of cardiac chest pain
- Discuss basic ECG interpretation