Napa Valley College
Associate Degree Program in Nursing
NURS 141

Cardiovascular Assessment – Submit with care plan

Patient Initials: ___________________ Date of care: ___________________

Room#: ___________________ Student Name: ___________________

Assess for Risk Factors: (circle if present)
Positive family history, age, gender, diabetes, hypertension, sedentary life style, anemia, smoking, obesity, use of drugs/alcohol, immobility, stress, high dietary intake of fats, sodium, or caffeine. Ask if taking medications for cardiovascular function.

Calculate the BMI
\[
\text{Weight in lb} \div \left(\text{Height in inches} \times \text{Height in inches}\right) \times 703 = \text{__________}
\]

Symptoms: (circle if present)
Chest pain, radiating jaw/neck, arm pain, palpitations, fatigue, weakness, cough, shortness of breath at rest or with activity, orthopnea, leg pain/numbness, swelling of feet/ankles, weight gain or loss.

Signs - Physical assessment

Temperature ________________

Pulses:
Apical: rate______________________
rhythm_______________________
sounds______________________
Location of PMI________________

Peripheral – locate and rate according to scale:  
0 = not palpable 
1 = weak, diminished 
2 = normal, easily palpated 
3 = full and increased 
4 = strong, bounding, cannot be obliterated

Radial            R_______ L ________
Femoral           R_______ L ________
Popliteal         R_______ L ________
Dorsalis pedial   R_______ L ________
Posterior tibial  R_______ L ________

Blood Pressure: Supine R_______ L_______ Sitting ________________ Standing ________________
Pulse pressure (SBP-DBP)________________

Capillary refill: < 3 sec. > 3 sec.
Skin: color: pale pink cyanotic
Temperature: cool cold warm hot
Moisture: normal dry wet

\[\downarrow\text{extremities: edema} \quad \text{absent present} \quad \text{If present: pitting non-pitting}\]

\[\downarrow\text{extremities: discoloration, ulcerations, varicosities}\]

Describe_____________________________________________________________

Lab & Diagnostic data:  
Hgb
Triglycerides  Cholesterol
Chest X-Ray  EKG

Nursing diagnosis (if appropriate):