
Heart & Circulatory Health

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www.denurses.org

My Story

Education & Licensure

- 2005: Middletown High School
- 2010, Dec: DTCC-Stanton, associate in nursing
- 2011, Feb: Registered Nurse Licensure
- 2014, Dec: Wilmington University, BSN
- 2018, Dec: Drexel University, MSN

Career

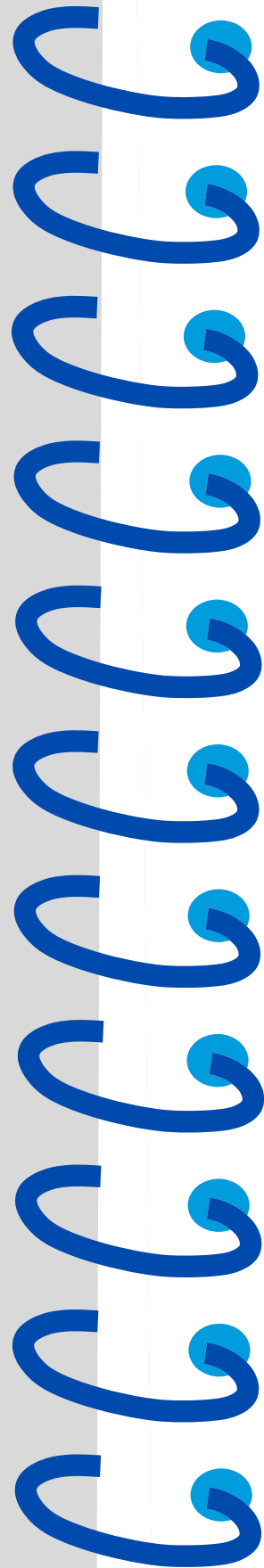
- ChristianaCare Health System for 17+ years
- Patient Escort -> Unit Clerk -> Patient Care Technician
-> PCTII -> RN -> Manager -> RN
- Delaware Nurses Association - 01/01/2021

Certifications

- CHFN - Certified Heart Failure Nurse
- PCCN - Progressive Care Certified Nurse
- CCRN - Certified Critical-care Registered Nurse

Next Steps

- Career?
- Education: PhD in Nursing (DNP, EdD, etc.)
- Certification: NEA-BC & CAE



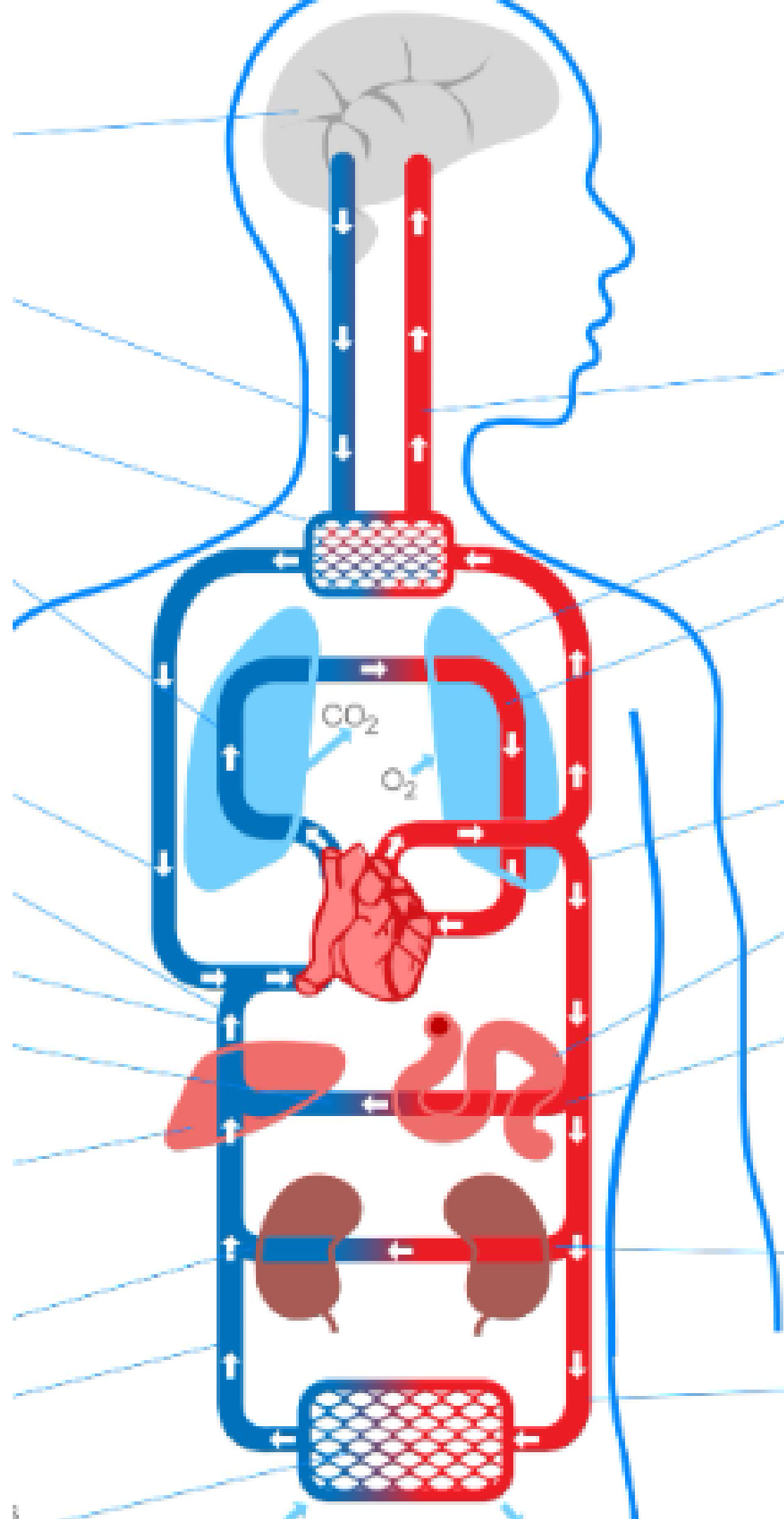
Heart Disease

#1 Leading Cause
of Death in the
United States

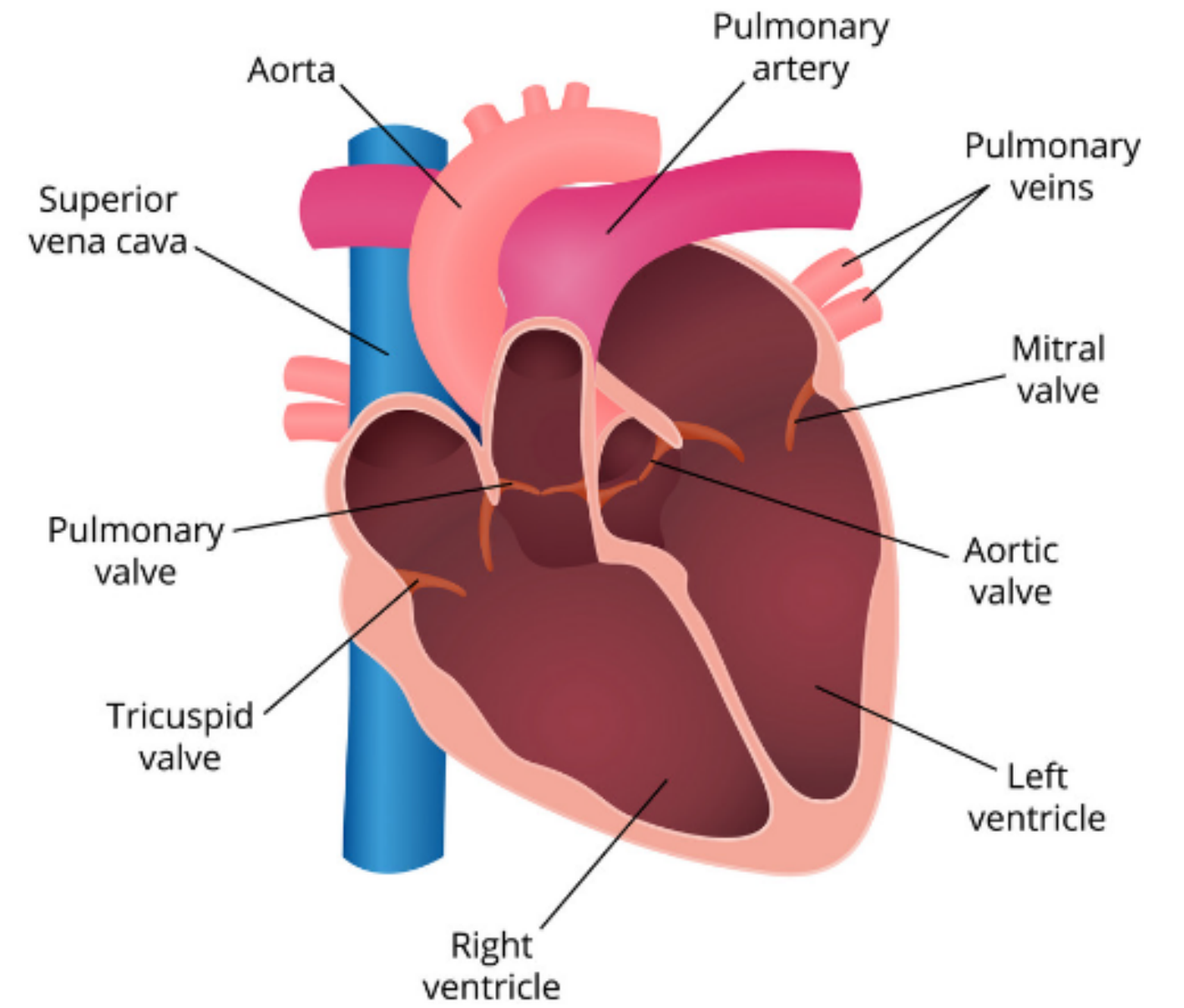




Mindfulness Moment

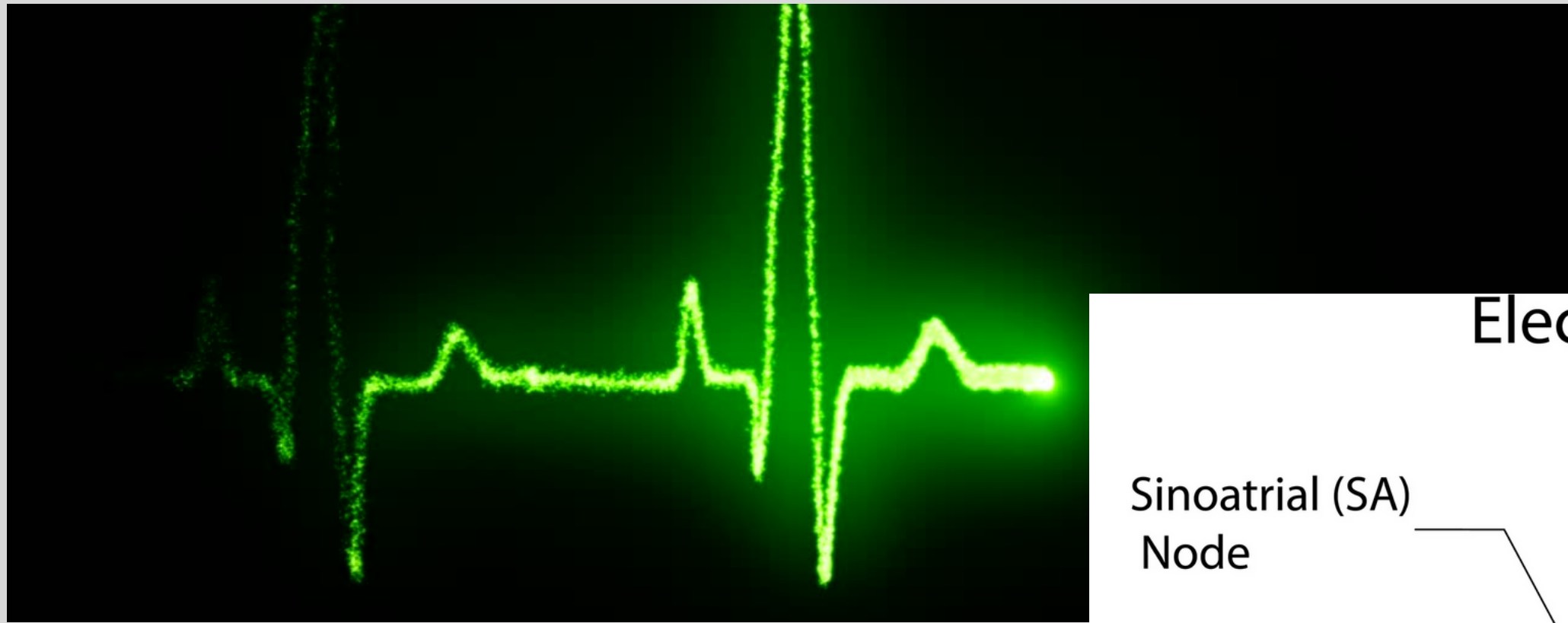


HEART ANATOMY

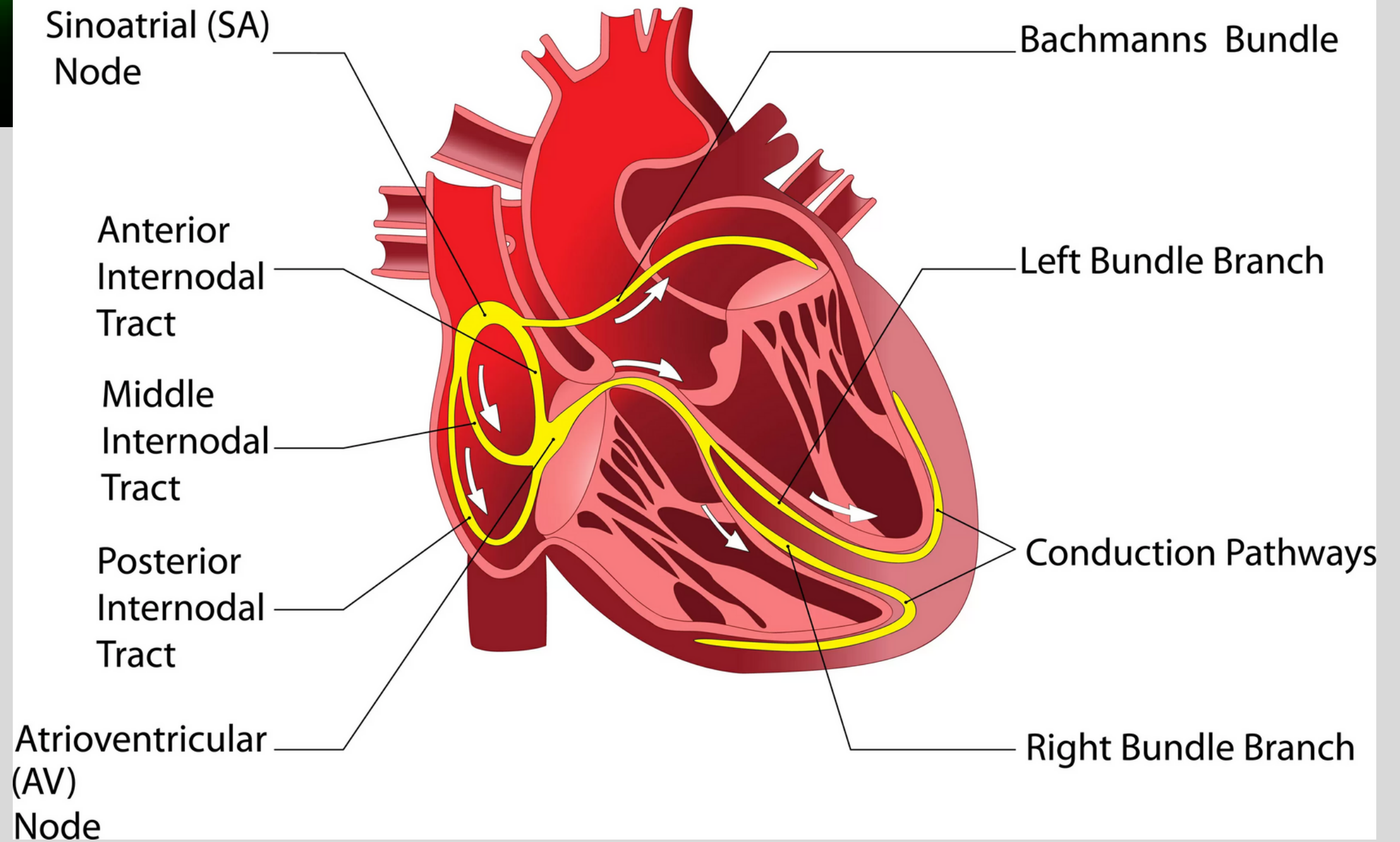








Electrical System of the Heart





How Do We
Keep Our
Hearts
Healthy?

The Levels of Prevention

	PRIMARY Prevention	SECONDARY Prevention	TERTIARY Prevention
Definition	An intervention implemented before there is evidence of a disease or injury	An intervention implemented after a disease has begun, but before it is symptomatic.	An intervention implemented after a disease or injury is established
Intent	Reduce or eliminate causative risk factors (risk reduction)	Early identification (through screening) and treatment	Prevent sequelae (stop bad things from getting worse)
Example	Encourage exercise and healthy eating to prevent individuals from becoming overweight.	Check body mass index (BMI) at every well checkup to identify individuals who are overweight or obese.	Help obese individuals lose weight to prevent progression to more severe consequences.



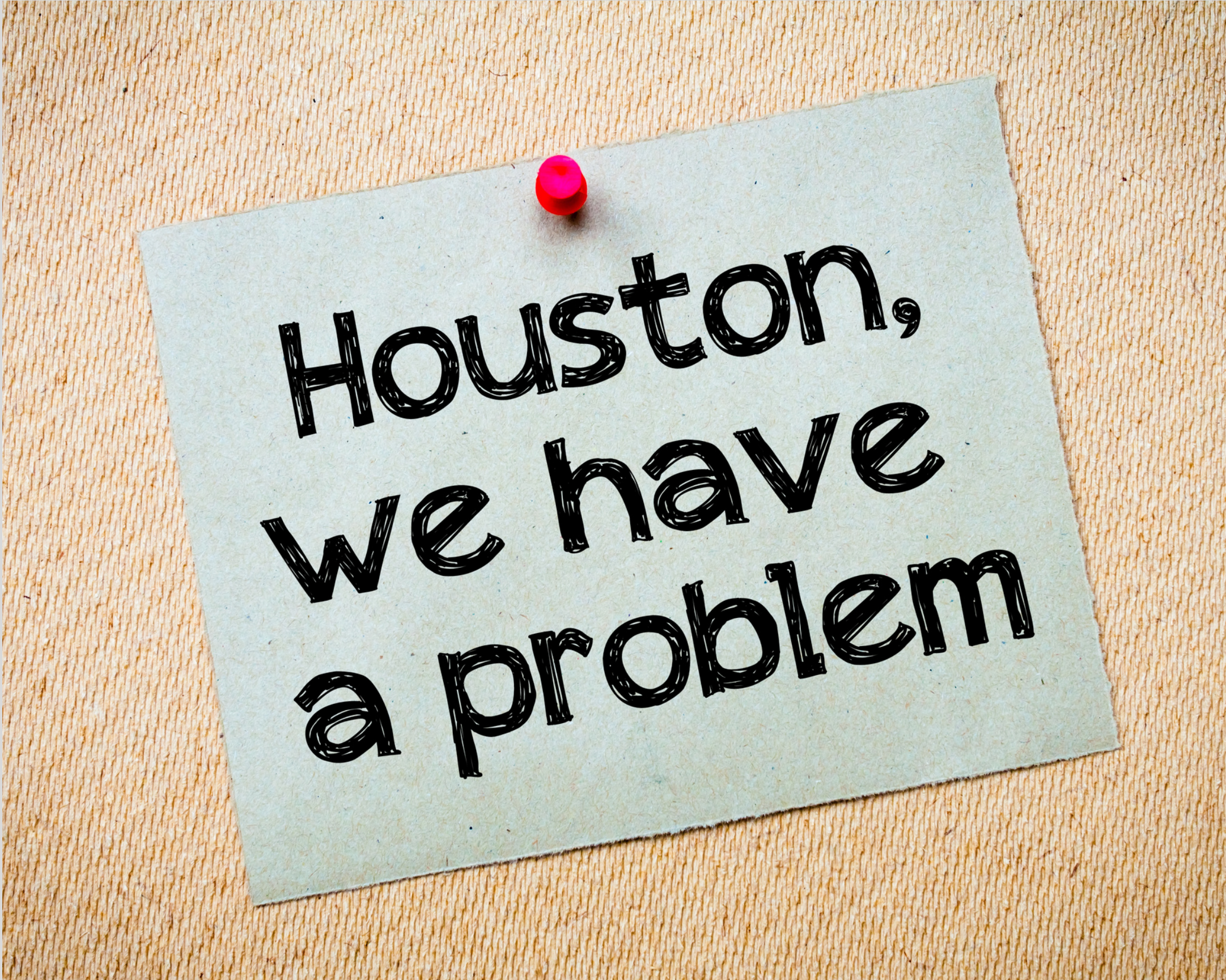
Lifestyle & Risk Factors

Non-Modifiable

- Genetics
- Age
- Gender
- Ethnicity

Modifiable

- Smoking
- Blood Pressure
- Cholesterol/Lipids
- Diet & Weight
- Physical Activity
- Alcohol
- Other Diseases



Houston,
we have
a problem

Hypertension

a.k.a. high blood pressure

Pressure within the arteries.

Normally fluctuates during the day and with activity.

#1 Risk Factor for Heart Disease.

Half of U.S. Adults have hypertension.

1 in 4 have it under control.

Control it: diet, exercise, sleep, stress, medications, etc.

Coronary Artery Disease

Narrowed or blocked arteries feeding the heart muscle.

Most common type of heart disease.

Leads to heart attack/s.

Progressive if not managed and treated.

Symptoms: chest pain, lightheadedness, N/V, etc.

Control it: diet, exercise, sleep, stress, medications, etc.

Myocardial Infarction

a.k.a. Heart Attack

Obstructed blood flow to the heart muscle.

Life threatening and/or limiting.

Time is muscle.

Every 40 seconds, someone has a heart attack.

Symptoms: chest pain, lightheadedness, radiating pain, etc.

Control it: diet, exercise, sleep, stress, medications, etc.

Cardiac Arrest

a.k.a. death

The heart is no longer pumping blood.

911 and CPR.

Can be reversed. (no light)

Higher chance of death if happens in the community.

If reversed, can lead to brain injury, organ damage, etc.

Symptoms:

Cardiomyopathy

a.k.a. Heart Failure

The heart is not effectively pumping blood.

50% mortality 5 years after diagnosis.

Several types of heart failure.

Heavy individual and caregiver burden.

Symptoms: breathing, fatigue, weight gain, etc.

Control it: diet, medications, medical care, etc.

Atrial Fibrillation

a.k.a. a-fib

The heart is beating irregularly.

Disconnect between the top and bottom chambers.

More common in those of European descent.

A-fib and strokes.

Symptoms: palpitations, fatigue, lightheadedness, etc.

Control it: medications, blood thinners, medical care, etc.



Aortic Aneurysm

Peripheral Arterial Disease

Pulmonary Hypertension

Valvular Diseases

Congenital Heart Defects

Diagnose





Signs & Symptoms

- Talk to the patient (and family)

Physical Examination

- Look, feel, listen, etc.

Testing

- Bloodwork
- ECG (EKG)
- X-rays, Ultrasounds, CT, MRI, etc.

Invasive Procedures

- Cardiac catheterizations



Treat





Lifestyle Modifications

Medications

Cardiac Rehabilitation

Procedures

Devices

Advanced Therapies



Questions?

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