GREY BRUCE HEALTH NETWORK

EVIDENCE-BASED CARE PROGRAM

ACUTE CORONARY SYNDROMES (Heart Attack or Angina) PATIENT PATHWAY

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PROCESS	EMERGENCY
ASSESSMENT	We will be assessing your temperature, blood pressure, pulse, respirations and oxygen level. We will assess your level of pain. We will listen to your chest.
TESTS	We will do some blood tests to help diagnose your chest pain. An Electrocardiogram (ECG) will be done. An x-ray of your chest may be done.
MEDICATIONS	You will be given a chewable aspirin to help decrease the stickiness of your blood. You may receive intravenous medications. You will be asked about your regular daily medications you take at home. You should not take any of these while in hospital unless notified otherwise.
TREATMENTS	You may have oxygen by prongs in your nose or a mask.
NUTRITION	
ACTIVITY	You may be restricted to bed rest today.
EDUCATION	A nurse will explain how to describe your pain and the importance of telling the nurse if you have pain.
DISCHARGE PLANNING	You will be admitted to the hospital. You may be admitted to the Intensive Care Unit or a unit that uses monitors to watch your heart.

PROCESS	ADMISSION
ASSESSMENT	We will be checking your temperature, blood pressure, pulse and oxygen level often throughout the day. We will assess your level of pain. We will listen to your chest. You will be asked about your medical history.
TESTS	We will do some more blood tests to help diagnose your chest pain. An Electrocardiogram (ECG) will be repeated later today. An x-ray of your chest will be done, if not done in the emergency room.
MEDICATIONS	You may receive intravenous medications.
TREATMENTS	You may need oxygen for the rest of the day.
NUTRITION	You may be on a fluid diet today or a Healthy Heart Diet. This will be explained to you.
ACTIVITY	You may be restricted to bed rest today.
EDUCATION	You will be told about the hospital unit routines, and we will review the pain scale and the importance of telling the nurse if you have pain. We will introduce the Patient Pathway to you.
DISCHARGE PLANNING	

PROCESS	FIRST DAY
ASSESSMENT	We will be checking your temperature, blood pressure, pulse and oxygen level often throughout the day. We will assess your level of pain. We will listen to your chest.
TESTS	We will do another Electrocardiogram (ECG) and repeat if you have any more chest pain. We will do some more blood tests.
MEDICATIONS	You will be given medications as ordered by the doctor. You should understand the need to report pain to your nurse.
TREATMENTS	You may be taken off oxygen if you no longer have any pain.
NUTRITION	You will be on a Healthy Heart Diet.
ACTIVITY	You should be able to sit up for meals today and will be assisted to bathe.
EDUCATION	A nurse will go through your “Recovery Road Binder” and other educational materials with you.
DISCHARGE PLANNING	

PROCESS	DAY 2
ASSESSMENT	We will be checking your temperature, blood pressure, pulse and oxygen level often throughout the day. We will assess your level of pain. We will listen to your chest.
TESTS	We will do another Electrocardiogram (ECG) and repeat if you have any more chest pain. We will do some more blood tests.
MEDICATIONS	You will be given medications as ordered by the doctor. The nurse may review the use of Nitroglycerin with you.
TREATMENTS	
NUTRITION	You will be on a Healthy Heart Diet.
ACTIVITY	You should be up and walking around your room and possibly in the hall. You may have the opportunity to shower.
EDUCATION	A nurse will go through your educational materials with you.
DISCHARGE PLANNING	If you were admitted for Angina, you may be discharged today. This will be discussed with you and your family.

PROCESS	DAY 3
ASSESSMENT	We will be checking your temperature, blood pressure, pulse and oxygen level often throughout the day. We will assess your level of pain. We will listen to your chest.
TESTS	We will do another Electrocardiogram (ECG) and repeat if you have any more chest pain. We may do some more blood tests.
MEDICATIONS	You will be given medications as ordered by the doctor. You should understand how to take Nitroglycerin.
TREATMENTS	
NUTRITION	You will be on a Healthy Heart Diet.
ACTIVITY	You should be up and walking around your room and in the hall. You may have the opportunity to shower.
EDUCATION	A nurse will go through your educational materials with you.
DISCHARGE PLANNING	You may be transferred to another unit today.

PROCESS	DAY 4
ASSESSMENT	We will be checking your temperature, blood pressure, pulse and oxygen level throughout the day. We will assess your level of pain. We will listen to your chest.
TESTS	We will do another Electrocardiogram (ECG) if you have any more chest pain.
MEDICATIONS	You will be given medications as ordered by the doctor.
TREATMENTS	
NUTRITION	You will be on a Healthy Heart Diet.
ACTIVITY	You should be up and walking around your room and in the hall. You may have the opportunity to shower. You may have the opportunity to practice stairs today.
EDUCATION	
DISCHARGE PLANNING	If you were admitted for Heart Attack, you may be discharged today. This will be discussed with you and your family.

PROCESS	HOSPITAL DISCHARGE
ASSESSMENT	
TESTS	
MEDICATIONS	Your medications will be reviewed.
TREATMENTS	
NUTRITION	You will receive a telephone call from the Dietitian if you did not see him or her during your hospital stay.
ACTIVITY	Activity levels for home will be reviewed.
EDUCATION	If you have any questions before you are discharged, be sure to ask the nurse.
DISCHARGE PLANNING	Follow up appointments will be made before you go home.

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