



Cardiac Care: A look at the nursing responsibilities and care

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Abstract

"A kind heart is the fountain of gladness making everything in its vicinity freshens into smiles". The heart is the engine room and major organ of the humans without which these beings cannot survive. The human heart is an organ that pumps and supplies blood round the body through the circulatory system. This is supplying oxygen and nutrients to tissues as well as removing carbon dioxide and other wastes. The heart with issues is taken care medically by doctors, nurses and other medical practitioners. Cardiac nursing is the specialty that deals and takes care of patients suffering from various conditions of the cardiovascular system. The cardiac nurse has certain responsibilities on these patients such as postoperative care, stress test evaluation and monitoring and health assessments. The aim is to give holistic care to the patients to enable him or her live a healthy life. The nurse has the following responsibilities to the patients: Must work with all ages both the old and young including children, help patients recover at home through assessing and treating them, monitoring the cardiac and vascular readings, monitoring stress test evaluations, providing all the necessary care especially in cases of post-operative care, educating patients and their families, supporting patients changing life style gradually. The cardiac nurse plays a vital role in the prevention, diagnosis and treatment of heart diseases, heart attack and other cardiovascular issues. The nurse not only fights against heart diseases but also to promote healthy lifestyle choices.

Biography

Hajara Bashari, Wing Commander, is the Deputy Director Nursing Service Medical Services Branch Nigerian Air Force HQ Abuja Nigeria. She is in-charge of the nurses and midwives within the NAF and also assists the director whenever necessary. She has a flare for writing and is also willing to add more experiences to her years as a nurse/midwife. She has written some papers as well as made presentations/poster presentations in Nigeria, Dubai, Switzerland and Scotland.



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