

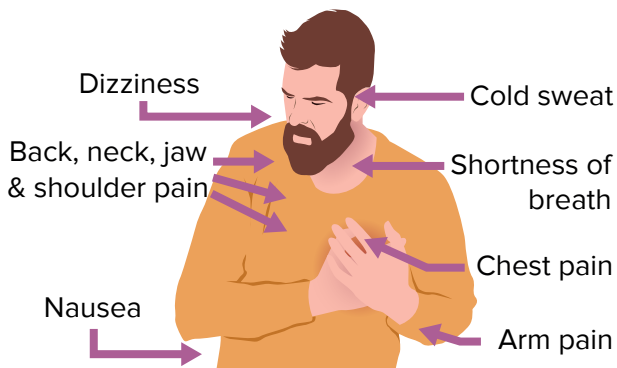
# ANGINA PECTORIS



## Angina pectoris:

- Acute chest pain or discomfort that occurs when the heart doesn't receive enough blood.
- Decreased blood flow leads to decreased oxygen to the myocardium, causing pain.
- Often referred to simply as angina
- Cause of decreased blood flow varies in each type of angina pectoris.

## Common symptoms

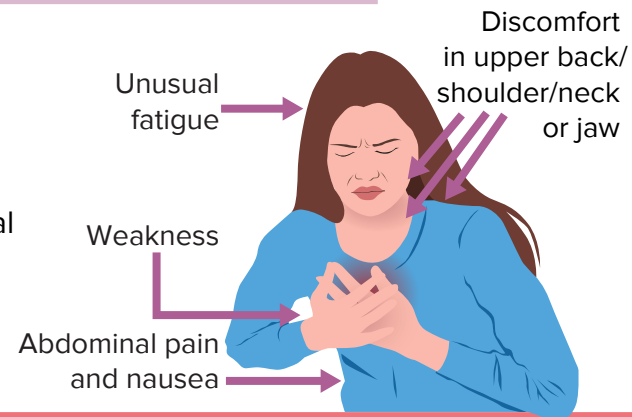


## Nursing care



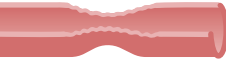
- Help client to sit or rest in semi-Fowler's.
- Provide oxygen (when O<sub>2</sub> SAT < 90% or signs of respiratory distress).
- Administer medications as ordered.
- Check vitals.
- Assess: location of pain, characteristics, pain scale, health history, onset and duration, contributing factors, relieving factors, other symptoms.
- Prepare for labs, additional testing.
- Provide client education, including how to safely use nitroglycerin for sudden angina pain.

## Angina symptoms in women

In women, angina symptoms may be more subtle and overlooked, causing a delay in care. In addition to traditional chest pain, women are more likely to experience these symptoms:



## Types of angina pectoris

Type	Cause	Characteristics
<b>Stable</b>	<b>Atherosclerosis</b> 	Fixed stenosis (demand ischemia) <ul style="list-style-type: none"> <li>• Triggered by exertion, stress, cold exposure, coronary artery disease</li> <li>• Relieved by rest or medication</li> <li>• Predictable and consistent</li> </ul>
<b>Unstable</b>	<b>Atherosclerosis with blood clot</b> 	Thrombus (supply ischemia) <ul style="list-style-type: none"> <li>• May occur at rest or with exertion</li> <li>• Worsens over time</li> <li>• May not be relieved by rest or medication</li> <li>• Lasts longer than 20 minutes, may go away and come back</li> </ul>
<b>Variant Prinzmetal</b>	<b>Coronary spasm</b> 	Vasospasm (supply ischemia) <ul style="list-style-type: none"> <li>• Occurs most commonly at night, during rest/sleep</li> <li>• Relieved by medication</li> </ul>

## NOTES

