

NRS
DATE INITIAL

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- V. **The client/caregiver can list what to do if an angina attack occurs.**
- A. Take nitroglycerin at the first sign of angina.
 - B. Rest in a lying or sitting position.
 - C. Maintain a quiet environment.
 - D. If the client feels no relief 5 minutes after taking nitroglycerin, take nitroglycerin again. If another 5 minutes pass and the client feels no relief, take nitroglycerin a third time.
 - E. If the client feels no relief 5 minutes after the third nitroglycerin, get medical attention.
- VI. **The client/caregiver can list possible complications.**
- A. Dysrhythmias of the heart
 - B. Myocardial infarction
 - C. Cardiac arrest leading to sudden death

RESOURCES

American Heart Association
www.americanheart.org

National Institutes of Health
www.nih.gov

American Dietetic Association
www.eatright.org

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