Presented by
Lisa Soltis, MSN, RN-BC, APRN, PCCN, CCRN-CSC-CMC, CCNS, FCCM
Lisa brings nearly 20 years of critical care experience to her lectures. She earned her BA from Western Michigan University, her BSN from the University of North Carolina-Charlotte and her MSN from Duke University School of Nursing as an adult critical care clinical nurse specialist. She is a member of the American Association of Critical-Care Nurses (AACN), the National Association of Clinical Nurse Specialists (NACNS) and the Society of Critical Care Medicine (SCCM), where she has been inducted as a Fellow of Critical Care Medicine. She currently serves on the Advanced Practice Nursing & Practice Development board for SCCM and is a member of the Advanced Practice Continuing Education workgroup and CMC®/CSC® Board of Appeals for the AACN.

Her experience includes trauma/surgical critical care and nearly 15 years of cardio-thoracic critical care. She has served as the manager/clinical educator for the cardio-thoracic/transplant critical care unit at Duke University, worked as the cardiovascular/critical care clinical nurse specialist for WakeMed Health & Hospitals in Raleigh, NC, and served as the clinical nurse specialist for cardio-thoracic surgery at Sentara Heart Hospital in Norfolk, VA. Lisa became passionate about teaching during her experience at Duke and loves to help other nurses achieve their professional goals.

She has presented numerous educational seminars across the U.S. and Canada on a variety of topics related to critical care and has also presented at the National Teaching Institute for the AACN for the last several years.

10.5 Contact Hours | Course Length: 616 minutes

Program Description
This course is a concentrated review of major cardiac and vascular disease processes coupled with current treatment modalities and best practice recommendations for the adult patient. Each section will contain a system review coupled with associated pathophysiology and disease states relevant to the cardiac vascular systems. Case studies will be incorporated throughout the program to encourage development of critical thinking skills. The course content is based on the exam blueprint provided by ANCC.

Program Learning Outcomes
This program prepares the learner to:
1. Describe the Cardiac-Vascular Nursing Exam, test plan and the practice requirements to sit for the exam.
2. Construct a study plan for the exam based on understanding the blueprint and domains of practice covered.
3. Identify common mistakes and pitfalls that are made while studying and testing for the exam.
4. Recall the core components covered in the exam through didactic supplementation and test questions.
## Topics Covered

<table>
<thead>
<tr>
<th>1 Exam Overview</th>
<th>48 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Module Description</strong></td>
<td>This module will review the value of certification and how it can impact patient outcomes. This module will describe eligibility requirements for the exam, how to register for the exam, as well as discuss helpful test-taking tips for the exam itself.</td>
</tr>
</tbody>
</table>
| **Module Learning Outcomes** | This module prepares the learner to:  
1. Describe how to register for the Cardiac-Vascular Nursing Exam through the American Nurses Credentialing Center (ANCC).  
2. List two test-taking strategies to utilize when taking the Cardiac-Vascular Nursing Exam. |

<table>
<thead>
<tr>
<th>2 Cardiovascular Risk Factors</th>
<th>43 minutes</th>
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<tbody>
<tr>
<td><strong>Module Description</strong></td>
<td>This module discusses major risk factors in the development of cardiovascular disease and how they relate to coronary artery disease, stroke and peripheral vascular disease.</td>
</tr>
</tbody>
</table>
| **Module Learning Outcomes** | This module prepares the learner to:  
1. List four major risk factors for the development of cardiovascular disease.  
2. Differentiate between modifiable and nonmodifiable risk factors for cardiovascular patient health promotion. |

<table>
<thead>
<tr>
<th>3 Cardiac Risk Reduction Strategies</th>
<th>44 minutes</th>
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</thead>
<tbody>
<tr>
<td><strong>Module Description</strong></td>
<td>This module will continue with the information learned regarding risk factors and discuss successful risk reduction strategies and management of early disease processes.</td>
</tr>
</tbody>
</table>
| **Module Learning Outcomes** | This module prepares the learner to:  
1. Describe primary, secondary and tertiary prevention measures related to improving cardiovascular health.  
2. Differentiate between modifiable and nonmodifiable risk factors for cardiovascular patient health promotion. |

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<thead>
<tr>
<th>4 Cardiac System Review and Electrophysiology</th>
<th>57 minutes</th>
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</thead>
<tbody>
<tr>
<td><strong>Module Description</strong></td>
<td>This module will review basic cardiac anatomy including the internal structures of the heart, valves, coronary arteries and the cardiac cycle. Basic dysrhythmia recognition and management will be discussed.</td>
</tr>
</tbody>
</table>
| **Module Learning Outcomes** | This module prepares the learner to:  
1. Describe the purpose of the heart chambers, valves and other structures of the heart.  
2. Verbalize the components of the normal conduction system of the heart.  
3. Identify basic arrhythmias including atrial fibrillation, supraventricular tachycardia and first-, second- and third-degree blocks. |
5 Cardiac Disease States

Module Description
This module will describe the pathophysiological process that leads to atherosclerosis and the development of acute coronary syndromes. The 12-Lead ECG findings and interpretation will be discussed, as well as treatment modalities for patients experiencing an acute myocardial infarction (AMI). Complications that may arise as a result of acute coronary syndromes will be reviewed.

This module will review the complications associated with heart failure. Discussion will include the various differences found between systolic and diastolic dysfunction and treatment options for patients with heart failure. Inflammatory disorders of the heart are described, including myocarditis, pericarditis and endocarditis. Valvular disorders are also discussed in this module.

Module Learning Outcomes
This module prepares the learner to:
1. Discuss ECG findings indicative of myocardial ischemia vs. myocardial infarction.
2. Describe coronary artery perfusion as it relates to the various regions of the heart.
3. Discuss current treatment recommendations for patients who are experiencing an AMI.
4. Describe the pathological differences found between systolic and diastolic heart failure.
5. List common medications used in the treatment of heart failure and their purpose.
6. Discuss clinical findings associated with pericarditis and endocarditis.
7. Describe common valvular disorders and medical-surgical treatment options.

6 Vascular System Review

Module Description
This module discusses the anatomy of the vascular system, the inflammatory response and impacts on the vascular system.

Module Learning Outcome
This module prepares the learner to:
1. Describe the role of chemical mediators released from the vascular endothelium during an inflammatory reaction.

7 Vascular Disease States

Module Description
This module discusses disorders of the hematology system that can lead to endothelial dysfunction. Vascular disorders are described, including aortic aneurysms, Marfan’s syndrome, peripheral artery disease (PAD) and venous disorders.

Module Learning Outcome
This module prepares the learner to:
1. Discuss management of patients with aortic aneurysms, including treatment modalities.
2. Describe management of a patient with hypertensive crisis.

8 Acute Cardiovascular Emergencies

Module Description
This module will review other emergent complications related to the cardiovascular system, including pulmonary embolus, blunt cardiac injuries, cardiac tamponade and sudden cardiac death (SCD). Etiologies, pathophysiology and treatment modalities will be reviewed.

Module Learning Outcomes
This module prepares the learner to:
1. Discuss pathophysiology and other contributing factors to the development of a pulmonary embolus.
2. Describe assessment findings typically found with a cardiac tamponade.
3. Describe treatment modalities for patients at high risk for SCD.
9 Cardiac-Vascular Pharmacology Updates  73 minutes

Module Description
This module reviews common medications and drug categories used in the management of cardiovascular disorders. Understanding of the pharmacological treatments used for cardiovascular patients is important for successful

Module Learning Outcomes
This module prepares the learner to:
1. Describe medications used to help enhance hemodynamics, including vasopressors and vasodilators to augment blood pressure and perfusion.
2. Describe common medications used to help decrease the effects of the neuro-endocrine response to the cardiovascular system.
3. Discuss common complications associated with the use of antidysrhythmic therapies.

10 Special Situations  50 minutes

Module Description
This module will discuss specific situations related to the care of the cardiovascular patient. Communication skills are emphasized, as well as educational planning and research.

Module Learning Outcomes
This module prepares the learner to:
1. Describe two communications techniques that can be implemented when interviewing a patient to obtain a thorough history.
2. Discuss various aspects to participating in nursing research in clinical practice.

11 Leadership, Legal and Ethical Considerations  24 minutes

Module Description
This module will discuss the various aspects of leadership as it relates to the care of the cardiovascular patient. Ethical considerations are also discussed as well as patient rights and nursing responsibilities.

Module Learning Outcomes
This module prepares the learner to:
1. Discuss two aspects of professional nursing practice and how they impact patient outcomes.
2. Describe three patient rights and ethical considerations of patient care.
Accreditation

RN/LPN/LVN/Other: 10.5 Contact Hours

MED-ED, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC).

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If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

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