

Your Heart Is in the Right Place



*A Guide to
Cardiac Surgery
for Patients
and Families*



**The Hoffman Heart and Vascular Institute
of Connecticut**

a SAINT FRANCIS Care Provider



SAINT FRANCIS
Hospital and Medical Center



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Welcome to Saint Francis Hospital and Medical Center

A Letter from the President

As the largest Open Heart surgery center in Connecticut and one of the finest institutions in the nation, we continually strive to meet the needs of our patients and their families. At Saint Francis Hospital and Medical Center we offer the benefits of over 30 years of cardiothoracic surgical experience, providing you with the most up-to-date advancements in cardiac care.

The nurses of Saint Francis have created this book to provide health information on your upcoming open heart surgery. We hope you and your family find the information helpful and an important tool in your recovery.

Here at Saint Francis we are committed to your overall health and well-being. Please feel free to let your healthcare team know of any questions or concerns you may have. We want your experience at Saint Francis Hospital to be as comfortable and pleasant as it can be for you and your family.

A handwritten signature in black ink, appearing to read "Christopher Dadlez". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Christopher M. Dadlez
President and Chief Executive Officer
Saint Francis Hospital and Medical Center



Pointers for Patients Undergoing Cardiac Surgery

Your stay at Saint Francis Hospital will be approximately 4-6 days. The exact length of stay is up to your doctors and how you progress in your recovery.

The Night Before Surgery..

You should not have anything to eat or drink after midnight the night before surgery. If you are going into the Hospital the morning of your surgery you should take your morning medications as directed by your surgeon. Coumadin users should expect to stop taking the medication 3-4 days prior to surgery, as directed by the surgeon.

The night before surgery you will be asked to wash with a special soap. Your surgeon and their staff will discuss with you the particular regime they would like you to follow. After washing as instructed, pat yourself dry with freshly washed towels and dress in freshly washed clothes. DO NOT apply any deodorants, powders, or lotions.

Get a good night's rest!



The Morning of Surgery..

The office staff will indicate the time to arrive at the Hospital. Once at the Hospital, proceed to the admitting office on the 2nd floor of the Patient Care Tower. When you have been admitted to a room, the nursing staff will start intravenous fluids and clip excess body hair.

A chart with all your information will be created and an identification bracelet will be applied to your wrist. A red allergy bracelet will be provided if needed.

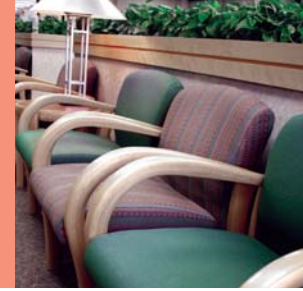
Family members are NOT allowed to follow the patient to the operating room; therefore, please take care of all messages, kisses, and plans for belongings before the patient leaves for the operating room. Glasses, dentures, and hearing aides are important to the patient's recovery and if at all possible should be cared for by the family while the patient is in surgery. These important items can be left with the patient after arrival in the Coronary Intensive Care Unit (CICU). Personal items such as clothes and toiletries should be taken home. Items may also be stored in the Hospital safe.

Upon arrival to the operating room you will be greeted by an Anesthesiologist and the operating room nurses. The operating room staff will take over your care and anesthesia will be administered. Once you are under anesthesia the surgery will begin. The next thing you will be aware of is the nurse in the Coronary Intensive Care Unit (CICU) telling you that the surgery is complete.

After the patient has left for the operating room, family members may proceed to the 5th floor of the Patient Care Tower, the waiting room for the Coronary Intensive Care Unit (CICU). See the receptionist at the desk and let them know you are there waiting for a loved one having cardiac surgery. If there is not a receptionist available, simply pick up the phone located to the right of the reception desk and notify the staff of the CICU that you are in the waiting room.

The Family Spokesperson

A family member is not required to wait in the Hospital while the surgery is ongoing. Please designate a person in the family to be the contact for the surgeon, and leave a phone number for contact after the surgery. The family spokesperson should be the member who calls the CICU for updates on the patient's condition. This is the best way to ensure information can be provided in an efficient and consistent manner.



After the Surgery is Complete

When the surgery is complete and the patient is in the CICU, the surgeon will contact the family in the waiting room or by phone. After the surgeon has updated the family, please allow 45 minutes to 1 hour for the nurses to settle the patient before visiting for the first time. Please refer to the CICU visitation pamphlet for more information.

There are two quiet rooms located in the waiting area, located next to the public restroom and near the reception desk. These rooms are locked and available for your use, but please remember that these areas are designated for quiet thought and reflection only. Please talk to the receptionist for availability and access to these rooms.

Post-operative Information

Patients and families are reminded that it is usually 24-48 hours after surgery when the patient is moved to the 8th floor (8-9), The Chawla Cardiac Surgery Pavilion. The 8-9 nurses and the Cardiac Rehabilitation team will work together to increase your strength with exercise and provide you with information pertinent to your discharge home.

We ask that both the patient and a family member attend an informational class regarding the process of going home and cardiac rehabilitation sometime before discharge. Classes are held on Monday, Wednesday, and Friday at times that are posted in the unit.

You are on your way!



Information for Families

Take Care of Yourself!

We recognize how difficult it is to have a loved one in the hospital and undergoing cardiac surgery. It is only natural to ignore your own needs and you may even be afraid to leave the Hospital. It is very important that you take care of yourself by getting enough rest, eating properly, and taking care of your personal needs. If there is anything we can do, we encourage you to express your concerns with our staff.

Accommodations for Out-of-Town Families

We have on-site hospitality suites for families who want to stay close to their loved ones. The hospitality suites are available on a first-come basis. There are also hotels in the area that offer reduced rates. Contact the admitting department as soon as possible at extension 44062 to check suite availability.

Food and Nutrition

The Hospital cafeteria is located on the first floor of building 1 and is open various hours throughout the day. After hours, Woodland Station is open 24 hours and is located next to the cafeteria, offering vending machines for snacks and beverages. Microwave ovens are available here.

Cafeteria Hours: Monday – Friday

Hot Breakfast – 6:30 a.m. to 9:30 a.m.

Continental Breakfast – 9:30 a.m. to 10:45 a.m.

Lunch – 10:45 a.m. to 1:45 p.m.

Dinner – 5:00 p.m. to 6:45 p.m.

Saturday and Sunday are the same hours except lunch 11:30 a.m. to 1:30 p.m.

Au Bon Pain Café is located on the 1st floor of the Patient Care Tower and offers a wide range of soups, sandwiches, and pastries. The restaurant is open for breakfast, lunch, and dinner.

Monday – Friday: 6:00 a.m. to 9:00 p.m.

Saturday – Sunday: 6:00 a.m. to 8:00 p.m.



Parking for Visitors

The Collins Parking Garage offers daily rates as well as discounted prepaid weekly rates. See the garage attendant at the “Pay on Foot” station located on the second floor entrance from the garage. Unfortunately we are unable to validate parking tickets.

Pastoral Care

The Hospital Chaplains are available to give pastoral and spiritual support to patients and family members of belief and faith traditions; please let your nurse know if you would like a visit from a Chaplain. The chapel is located on the 2nd floor of the main building (2-3) and the Reflection Room is located on the 4th floor (4-1). Feel free to ask any Hospital staff for directions. They are both open 24 hours a day for patients, visitors, and staff for prayer and quiet reflection. There is a room reserved for Islamic prayer on the 3rd floor of the Patient Care Tower (3-9 conference room).

The Sacrament of the Anointing of the Sick is available for Catholic patients at all times.

Mass is celebrated daily in the chapel:

Monday – Friday at 6:20 a.m. and 12 noon

Saturday at 4:00 p.m.

Sunday and Holy days at 12 noon

The daily Mass is also broadcast live on channel 4 of the patient televisions.

ATM Machines

The Hospital has 3 ATM machines. A Bank of America ATM is located on the 1st floor of the Patient Care Tower, next to Au Bon Pain; a Wachovia ATM is located at the 2nd floor entrance of the garage; a Hartford Federal Credit Union ATM is located in the hallway near the cafeteria.

Gift Shops and Pharmacy

The Saint Francis Hospital Women’s Auxiliary Gift Shop is located on the 1st floor of the Patient Care Tower near the main entrance to the Hospital. Arrow Pharmacy is located across from Au Bon Pain Café and is open to the public. Blossoms Flower Shop is located next to the pharmacy.



Meet Your Heart Team

Physicians

Every cardiac surgeon at Saint Francis Hospital is a highly experienced, board-certified, cardiothoracic surgeon. Your surgeon will see you often throughout your stay and you will be updated regularly on your progress by the rest of your healthcare team.

Intensivist

An intensivist is a physician who specializes in the care of critically ill patients. The Director of the Cardiac Intensive Care Unit is an intensivist, who closely monitors the progress of surgical patients in the CICU.

Nurses

The nurses in the Cardiac Intensive Care Unit and on 8-9, the step-down unit, are specially trained to care for the post-open-heart patient. They can assist you throughout your recovery. If you have any questions or concerns, just ask! To reach the CICU, call 714-7058. To reach 8-9, call 714-7089.

Physician Assistants

You will be seen often throughout your stay by a physician assistant, or P.A., who is specially trained to assist your surgeon in the preoperative, intra-operative, and post-operative periods of your hospitalization. Physician assistants help direct and implement your daily healthcare plan. They cover all of the open heart patients 24 hours a day, 7 days a week, and are available to answer questions about your healthcare plan.

Respiratory Therapists

The respiratory department consists of licensed respiratory therapists who assist in management of ventilators, provide breathing treatments, explain incentive spirometer usage and coughing, and provide deep breathing exercises.



Case Management

Registered nurse case managers and social workers assist you in planning for and coordinating services you may need after discharge. You may need to continue professional health care in your home or rehabilitation in another facility. Case managers will work closely with you, your nurse, your physician, and your insurer to provide high-quality, cost-effective services in the most appropriate setting for you. The case management staff can be reached prior to or during your hospital stay by calling 714-4613, Monday – Friday, 7:30 a.m. to 4:30 p.m.

Cardiac Rehabilitation

Our rehabilitation nurses and exercise specialists will assist you on a daily basis with progressive ambulation, flexibility exercises, and education to make the transition from hospital to home a smooth one. Following your discharge, your physician may refer you to an outpatient service for cardiac conditioning and risk reduction. The cardiac rehabilitation department may be reached at 714-4202 or 714-4538.

Nursing Assistants

The nursing assistant is responsible for your comfort needs. They are able to help with daily hygiene, food trays, and linens. They are also responsible for tasks such as vitals signs and blood glucose level checks. The assistant keeps in close contact with your nurse and is an essential member of the team.

Chaplain

Saint Francis Hospital understands the diverse community we serve. We have a large pastoral care department to serve your spiritual needs. If you require assistance from a chaplain, please let your nurse know.

Pharmacist

The pharmacy department staffs each unit with a pharmacist who reviews the medications ordered for you. The pharmacist works with physicians and physician assistants to optimize your medication regime.



Visiting Information for the Cardiac Intensive Care Unit (CICU)

Who Can Visit?

Visiting in the Intensive Care Unit is limited to immediate family and significant others. Children under 12 are not allowed. No more than 3 visitors are allowed at the bedside at one time. We ask that a family spokesperson be chosen. The spokesperson should be the family member who calls the unit for information, avoiding multiple interruptions in nursing care. The Health Insurance Portability and Accountability Act (HIPPA) prohibits the staff from giving out information to anyone other than family, so please ask friends not to call the unit for information.

How to Enter the Unit

For security reasons the unit is locked at all times. The receptionist will assist you in gaining access to the unit. If the receptionist is unavailable, lift the phone to the right of the desk and someone inside the unit will unlock the door for you.

When to Visit

Immediate family is allowed to visit around the clock, with a guideline of 10-15 minutes per hour. The first visit after surgery will take place after the surgeon has spoken with your family spokesperson and the nurse has completed an initial assessment. This initial assessment may take 20-40 minutes. During the initial recovery phase (4-6 hours) we ask that visits are kept short, about 10-15 minutes. This is so the nursing staff can provide the care needed for the patient to recover from anesthesia. After the initial recovery period, visiting may be extended based on the patient's condition. To prevent infection, visitors are asked to wash their hands with the antibacterial foam located at the bedside. We also ask that visitors do not sit on the patient's bed; if needed, we can provide chairs. For confidentiality and privacy reasons, please remain in the patient's room during your visit. Since patient conditions may change rapidly, we may ask you to leave the unit depending on the patient's needs.

What to Bring?

We encourage cards, pictures, and personal care items (hairbrush, denture paste, eyeglasses etc.). For infection purposes we do not allow live flowers or plants. Flowers are acceptable on the step-down floor 8-9. Food and drinks are not allowed for visitors at the bedside.



Frequently Asked Questions

When Will I Wake Up?

Everyone reacts differently to anesthesia: Some patients wake up soon after arriving in the CICU, and others may take a few hours to wake up. When you wake up, the nurse will ask you to follow some simple commands, such as squeezing the nurse's hand and moving your feet.

When Does the Breathing Tube Come Out?

When you have awakened enough to breathe on your own and your oxygen level is acceptable, the breathing tube will be removed. Now you will be able to talk. Your voice may be hoarse. This is caused by irritation from the breathing tube and will pass in a day or so.

Why Are the Breathing Exercises So Important?

Once the breathing tube has been removed the nurse will go over coughing, deep breathing exercises and incentive spirometer usage with you. These exercises are important to prevent post-operative pneumonia. Remember to support your chest incision with the RED cough pillow to ease discomfort. Coughing and deep breathing exercises will NOT disturb the closure or healing process of the incision. Since these exercises may be uncomfortable, you are encouraged to ask for pain medication so that you can cough effectively.

When Can I Eat?

After the breathing tube has been removed you may feel very thirsty. The nurse may give you a limited amount of ice chips at first. If you are able to tolerate the ice without becoming nauseated (which is common after anesthesia), your diet will be gradually advanced to solids. Your family should not give you anything to eat or drink without speaking with the nurse first.

Will I Need a Blood Transfusion?

Most patients have concerns about receiving blood transfusions. We understand your concerns and want you to know unless your physician feels it is an emergency you will not receive a blood transfusion. Please discuss your concerns with your doctor. An informational pamphlet on transfusions has been provided.



Why Am I So Puffy?

Swelling of the face, hands, legs, and feet is common after surgery. The swelling is due to normal shifts in fluids in the tissues and will resolve in a few days. Walking is a good way to increase circulation to the legs and decrease swelling.

How Long is the Incision?

The chest incision will be the length of your breast bone. For patients having bypass grafts placed, the length of the leg incisions will vary. A technique called ENDOVEIN HARVESTING, in which veins are removed from the legs using endoscopic cameras and very small incisions, is often used. Please feel free to discuss with your surgeon how vein harvesting is planned.

Why is Everything Being Measured?

The amount you drink and urinate will be measured for approximately 3 days. Patients are weighed during their stay to monitor for fluid retention. Urine should not be emptied without calling the nursing staff. Depending on your condition fluids may be encouraged or restricted. Your family should not give you anything to eat or drink without first checking with the nursing staff.

When Can I Take a Shower?

On or about post-op day 4 you can take a shower, as long as your surgeon has cleared for the removal of the temporary pacemaker wires. First speak with your nurse before entering the shower to make sure it is okay.

What Can I Expect on 8-9?

Once your surgeon decides, you will be transferred to the step-down floor, 8-9, The Chawla Surgical Pavilion. Here you will join other cardiac surgical patients for the remainder of your rehabilitation. Most of your monitoring lines will have been removed, allowing you to move about more freely. Your heart rhythm will continue to be monitored by a small portable monitor called telemetry. You may also need oxygen for a few days. Great emphasis is placed on walking in the halls during your recovery. Ambulating early after surgery speeds your recovery; you can expect to walk the day after surgery. Your official Cardiac Rehabilitation starts here on 8-9!



Pain Control After Surgery

It is common for you to experience pain after surgery. While you are in the Critical Care Unit you will be given pain medicine initially through your intravenous line. Once you are able to swallow you will be given medication orally to control the amount of pain you are experiencing. Your nurse will ask you to rate the pain on a scale of 1-10, with 10 being the highest pain rating. The nurse will also frequently check your response to medication given.

Each surgeon has ordered pain medication to meet your individual need. The pain medications are given to ease your surgical pain and may be necessary for you to adequately take deep breaths, cough, and participate in activities.

Please speak openly with the staff about pain you are experiencing, so we may adequately manage your medications.



How To Use an Incentive Spirometer

Shortly after your breathing tube is removed, the nurse or respiratory therapist will give you an incentive spirometer. The device, when used properly, helps to keep your lungs healthy while you recover from surgery.

Why Is It Important To Use Your Incentive Spirometer?

- Helps to increase inhaled lung volume.
- Helps to decrease amount of secretions.
- Helps to avoid possible lung infections.

General Rules for Using Your Incentive Spirometer:

1. Relax, find yourself a comfortable position. We want you to be able to take deep breaths.
2. Hold the incentive spirometer upright, place the mouth piece in your mouth, seal your lips tightly around it.
3. Breathe in slowly and deeply; in doing so, the white ball inside the spirometer should rise to the top of the column.
4. Hold the ball at the top of the column for 3-5 seconds. Exhale!
5. Rest for a few seconds and then repeat the above steps at least 10 times in a row every hour while awake. The nurse may want you to do the breathing exercises more frequently. The nurse will also adjust the setting to ensure deeper, more effective breathing.
6. After you have completed 10 breaths you should hold your “cough” pillow firmly across your chest and cough to clear any secretions. Holding the pillow to your chest helps to splint the pain and support your incision.
7. The Women’s Auxiliary at Saint Francis Hospital provided you with your “cough” pillow. Your surgeon can draw a picture of your surgery. You may also have family, friends, or any of your healthcare providers sign it with well wishes and encouragement.



After the Coronary Intensive Care Unit (CICU)

Welcome to The Chawla Cardiac Surgery Pavilion

The Surgical Pavilion is located on floor 8-9 and all of our post-open-heart patients finish their recovery here. The staff on 8-9 are specifically trained in the art of getting you back on your feet!

There Are a Few Things You and Your Family Should Know...

Visiting hours are from 8 a.m. to 8 p.m. daily.

Please, only 2 visitors at a time. There is a waiting room on the floor for visitors to wait while others are in the room. This will help to ensure the comfort and privacy of all patients.

You are asked to keep your visits brief, especially when children are visiting. All children MUST be accompanied by an adult. Quiet visits are necessary.

Staff may ask for visitors to leave the room while treatment of the patient is required.

Visitors must check with the staff before entering a room with a "SPECIAL PRECAUTIONS" sign on the door.

Cellular phone use is permitted in the Visitors Waiting Room ONLY due to the possible interference with the cardiac telemetry monitoring system.

The staff on 8-9 recognize the importance of friends and family in the recovery of all patients; we ask that all who come to visit recognize the importance of proper rest and quiet for the patients.



Be In The Know!

Cardiac Rehabilitation Class

All patients and a family member are strongly encouraged to attend this class offered Monday, Wednesday, and Friday in the 8-9 conference room. Times for classes are posted in the unit.

Video-on-call

Videos dealing with a variety of medical issues are available. They can be viewed on your hospital room T.V. To order a video, dial extension 45651. Follow the instructions provided over the phone. The Hoffman Heart and Vascular Institute has provided all videos dealing with cardiac conditions and procedures. Please ask the staff to assist you in accessing the video-on-call system if needed.

Krames on Demand

Krames on Demand is a computerized system your nurse can access to print PATIENT-FRIENDLY information on a just about any medical topic or procedure.

This system can be very helpful in keeping you informed and easing anxiety. Best of all, the information is available in many different languages. Just ask your nurse!

The Health Learning Center

The Health Learning Center is located in the corridor between the Hospital and the Gengras medical office building, on the 2nd floor. The staff at the Center can assist in providing you and your family with informational material.

The staff at Saint Francis Hospital is here to help you better understand your own personal health concerns. Please let us know how we can best provide information to you and your loved ones.



Discharge Instructions After Cardiac Surgery

Care of Your Incision

- Shower every day but no tub baths until the incisions are healed.
- Use warm water and soap.
- Wash, rinse, and pat dry all incisions.
- No lotions, powders, creams, or deodorants on incisions until healed.
- Chair may be placed next to or in the shower on a non-skid surface as needed for sitting.
- Keep incisions clean and dry after showering.

Check Your Incisions Daily and Notify Your Surgeon for Any of These Symptoms:

- Redness, swelling, or increased tenderness in incision.
- New drainage from incision or change in color or consistency in drainage.
- Temperature >100-101 degrees orally.

Sternal (Breastbone) Precautions

Remember:

- Incision and chest wall discomfort may occur for several weeks.
- You may have numbness in the left or right side of your chest if the Internal Mammary Artery was used for one of your bypass grafts.
- The sternum (breastbone) takes 8-12 weeks to heal.
- Support your chest with your hands or a pillow when coughing or sneezing.
- Wear your seat belt/shoulder harness while riding in the car.
- You may ride in the front seat, despite air bags.
- No driving for 4-6 weeks following surgery. Check with your surgeon at post-operative appointment.



Activities to Avoid for 4 - 8 Weeks During Healing Process:

- Lifting anything heavier than 10 lbs. including children, pets, and groceries.
- Yard work such as raking, mowing, gardening, and shoveling.
- Housework such as vacuuming, washing floors, windows, and carrying trash.
- Opening jars, windows, or doors that may be stuck.

Swelling in Your Legs

You may have swelling in your legs, ankles, and feet, especially if you had a leg incision to remove veins for bypass grafts. This swelling may last for several months.

Activities to Reduce Swelling:

- Wear your surgical stockings on the operative leg during the day for 4 weeks. Remove at night. Check with your surgeon at two-week appointment to see if other type of stocking is needed.
- When lying down or sitting in recliner, elevate legs above level of heart.
- Notify your physician if leg swelling increases or becomes uncomfortable.
- Weigh yourself daily. Notify physician if you experience a weight gain of greater than 2 pounds per day or 5 pounds per week.



When You Go Home

So, it is finally time to go home! On the day of discharge, both your cardiac surgeon and cardiologist need to give their approval for your discharge. It is strongly suggested that someone bring in comfortable clothing for your trip home. Please plan to attend one of the “Discharge Meetings” offered on the step-down floor, 8-9. Before your discharge, your education folder will be completed and you will be given prescriptions for your medications. Once all your discharge instructions are completed, your family may leave to bring the car to the discharge exit. For your safety, we suggest that the person bringing you home should park in the Collins Street garage. You will be taken by wheelchair to the discharge desk on the second level, where you will receive a discount pass for parking. From there you will be brought to the second-floor parking garage entrance where you will meet your ride for your long-awaited trip home.

Everyone here at Saint Francis Hospital and Medical Center knows you have a choice in healthcare. We thank you and are proud to serve our community. Please remember Saint Francis Hospital and Medical Center for all your healthcare needs.

We wish you a speedy recovery!



Glossary of Terms

ANGINA: Symptoms that occur when the heart muscle cannot get enough oxygen-rich blood. Often appears as pressure, tightness, aching; or, pain in the chest, arm, neck, or jaw.

AORTA: The body's largest artery. It carries blood to the rest of the body.

ARRHYTHMIA: An abnormal heartbeat.

ARTERIOSCLEROSIS: When artery walls thicken and lose elasticity. Sometimes called "hardening of the arteries."

ARTERY: A blood vessel that carries blood away from the heart to the body.

ATHEROSCLEROSIS: The buildup of plaque within the artery walls.

ATRIA: (Singular: Atrium) The heart's two upper chambers. They receive blood from the lungs and body.

BLOOD CHOLESTEROL: A fatty substance produced by the body and carried in the blood. Can build up within artery walls as plaque.

BLOOD PRESSURE: A measurement indicating force of blood as it presses against artery walls while moving through vessels.

BLOOD VESSEL: Tubes that carry blood throughout the body. Arteries and veins are blood vessels.

BYPASS: A new pathway for blood flow.

CABG (pronounced "cabbage"): Another term for CORONARY ARTERY BYPASS GRAFT surgery.

CARDIOMYOPATHY: A weakening of, or structural change in, the heart muscle that reduces the heart's ability to pump blood.

CORONARY ARTERIES: Blood vessels that wrap around the heart and supply the heart muscle with oxygen-rich blood.

CORONARY ARTERY DISEASE: Blocked or narrowed coronary arteries.

ELECTROCARDIOGRAM: A test that records the way electrical signals move through the heart. Often called an ECG or EKG.

HEART ATTACK: An event that occurs when oxygen-rich blood cannot get to part of the heart muscle. Can cause permanent damage, or death of heart muscle, also known as myocardial infarction.

PLAQUE: A deposit of fatty material (including cholesterol) within artery walls.

PULMONARY ARTERY: The large artery that carries blood to the lungs to get oxygen.

STENOSIS: The narrowing of an artery, often caused by plaque buildup.

STROKE: A blockage or rupture in a blood vessel that cuts off blood flow to a part of the brain. May cause brain damage. Also known as brain attack or CVA (cerebrovascular accident).

VALVES: "Doorways" that open and close to let blood move through the heart and prevent backflow of blood. There are valves between the heart's chambers.

VEIN: A blood vessel that carries blood from the body back to the heart.

VENTRICLES: The heart's lower two chambers. They pump blood to the body and lungs.

This teaching book was developed
by Denise Hyland, R.N. as a result
of a nursing leadership project.



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