



Cardiac Nursing and Population Health: Preventing Heart Disease on a Larger Scale

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DESCRIPTION

Cardiac nursing plays a significant role in managing and preventing these life-threatening conditions. Over the years, the field of cardiac nursing has witnessed significant advancements, setting itself with the constantly evolving views of healthcare. This technological advancement allowed nurses to monitor cardiac patients' vital signs remotely, transforming the way care was provided and making early detection of arrhythmias and other cardiac complications possible. Cardiac nurses play a multifaceted role in the care of patients with cardiovascular diseases. Cardiac nurses are responsible for assessing patients' cardiac status, which involves monitoring vital signs, conducting Electrocardiograms (ECGs), and interpreting lab results. They continuously assess for changes in the patient's condition and response to treatment. Education is a critical aspect of cardiac nursing. Nurses provide patients and their families with information about their condition, medications, lifestyle modifications, and self-care techniques. Empowering patients to manage their heart health is essential for long-term well-being.

Cardiac nurses administer medications, including antiarrhythmics, anticoagulants, and vasodilators, while closely monitoring for adverse effects and drug interactions. They ensure patients receive the right medications at the correct dosages and times. Cardiac nurses often play a major role in cardiac rehabilitation programs. They develop exercise plans, educate patients on heart-healthy lifestyles, and monitor progress as individuals recover from heart surgeries or cardiac events. In high-acuity cardiac settings, such as Coronary Care Units (CCUs) and cardiac catheterization labs, cardiac nurses are prepared to respond rapidly to life-threatening situations. They are trained to perform Advanced Cardiac Life Support (ACLS) procedures, including defibrillation and CPR. Collaboration is a basis of cardiac nursing. Nurses work closely with cardiologists, cardiac surgeons, and other healthcare professionals to develop comprehensive care plans modified to each patient's needs. Caring for patients with life-threatening cardiac conditions can be emotionally difficult. Cardiac nurses often witness the physical and emotional

charge that heart disease takes on patients and their families. Cardiac units are quick and high-stress environments. Nurses must remain cautious and adaptable to handle rapid changes in patient condition. Cardiac patients often have coexisting, which can make their care more complex. Nurses must manage multiple medical conditions simultaneously. While technology has improved patient care, it also requires nurses to continually update their skills to operate and improve advanced cardiac monitoring and treatment equipment.

The field of cardiac nursing is continually evolving to meet the changing healthcare view and patient needs. The COVID-19 pandemic accelerated the adoption of telehealth in cardiology. Cardiac nurses may increasingly provide remote monitoring and follow-up care to patients, enhancing access to specialized services. Advances in genomics and personalized medicine are leading to more modified treatment plans for cardiac patients. Cardiac nurses will play a vital role in educating patients about these emerging therapies. Cardiac nurses are increasingly involved in population health initiatives, working to prevent heart disease through community education and outreach. Nurse-led research in cardiology is expanding. Nurse scientists are conducting studies on improving cardiac outcomes, developing new care models, and enhancing patient experiences. Collaboration between healthcare professionals from various disciplines, including nurses, physicians, dietitians, and social workers, will become even more critical for delivering holistic care.

Cardiac nursing has progressed since its origin, evolving into a specialized field that plays a major role in managing and preventing cardiovascular diseases. Cardiac nurses are highly skilled professionals who assess, educate, and care for patients with heart conditions, working in diverse settings ranging from critical care units to cardiac rehabilitation programs. The path to becoming a cardiac nurse involves rigorous education, licensure, and clinical experience, with opportunities for specialization and advanced practice. While the field is advantageous, it is not without its challenges, including the emotional charge of caring

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for critically ill patients and the need to adapt to rapidly changing technology.

CONCLUSION

Predicting, cardiac nursing is balanced to embrace telehealth, precision medicine, population health management, and

interdisciplinary collaboration as main tendency in the field. As healthcare continues to evolve, cardiac nurses will remain at the lead of providing high-quality care to individuals with heart disease, contributing to better outcomes and improved heart health in communities around the world.