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NURSES

# CARDIAC SURGERY ESSENTIALS

*for Critical Care Nursing*

THIRD EDITION

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# Preface

Postoperative care of the cardiac surgery patient is both challenging and dynamic. Changes in technology, new research findings, the advent of minimally invasive procedures, and the development of off-pump procedures now afford patients of advanced age and with higher levels of acuity the opportunity to undergo procedures for which they were deemed unsuitable candidates not so long ago. Hence, patients with more—and more significant—comorbidities are receiving care in the immediate postoperative period in the intensive care unit (ICU).

Patients who undergo cardiac surgery are at risk for several adverse events not only related to their preoperative condition, but also as a result of effects of the surgical procedure and anesthesia. This requires ICU nurses to demonstrate high levels of clinical judgment, clinical inquiry, and caring practices to effectively manage patients and help optimize outcomes. High-level competency as a facilitator of learning is also required as nurses prepare their patients to undergo cardiac surgery. Clearly, ICU nurses, as members of a multidisciplinary team, play a pivotal role in promoting 10-year survival and high quality of life for patients who undergo cardiac surgery.

This updated *Third Edition* is updated to address the needs of both new and experienced nurses who care for patients in the ICU immediately following cardiac surgery. The purpose of this book is twofold. First, it is designed to prepare the nurse who is first learning to care for patients undergoing cardiac surgery. It addresses significant changes in cardiac surgery and the nursing responsibilities required to meet the needs of these

acutely ill patients. Second, the book provides advanced knowledge and a scientific basis for care for nurses who have mastered the essential knowledge and skills necessary to care for this patient population, but who now seek to develop a more in-depth knowledge base about advances in this dynamic field and strategies to optimize patient outcomes. The emphasis throughout the book is on providing an evidence-based foundation for care of patients during the vulnerable period immediately following cardiac surgery. A number of chapters in the book will also prove useful to nurses who work in other areas in which there are acute and critically ill patients, as many of the concepts discussed here can be translated into care of patients other than those who have undergone cardiac surgery.

Because this book uses a comprehensive approach to address the needs of patients in the immediate postoperative period following cardiac surgery, it can also be used to help prepare nurses who plan to take the Cardiac Surgery Certification (CSC®) subspecialty exam offered by the American Association of Critical-Care Nurses.

In addition to updating the text based on the changes in cardiac surgery that have occurred in the past few years, four new chapters have been added based on needs of patients, families, and readers. These chapters address nutritional issues, post-ICU care, psychological and spiritual support, and rehabilitation care following cardiac surgery. We sincerely hope the readers find this information helpful and that it augments patient outcomes.

Throughout the book, Clinical Inquiry Boxes highlight research findings that have implications

for nursing practice. Other features that promote critical thinking and provide application of content are the Case Studies and Critical Thinking Questions that follow the respective chapter content. To further enhance critical thinking and for nurses

preparing for the CSC exam, the Self-Assessment Questions found at the end of each chapter can be used as practice questions. New in this edition are rationales for the correct answers to the multiple choice questions.

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All medications discussed in the text have been recommended in the medical literature. Nevertheless, the package insert for each drug should be consulted for manufacturer recommendations regarding use, dosage, and administration. Because new information continues to be brought

forth by the FDA and through results of clinical trials, it is advisable to stay informed of new information emerging.

Hospital regulations should be followed regarding abbreviations, hospital policy on medication dosing, and new changes emerging in practice.

