

# Cardiac Care Plan

Student Name: \_\_\_\_\_

Diagnosis / Surgeries: \_\_\_\_\_

## **Signs and Symptoms of cardiac distress:**

Decreased level of consciousness

Chest pain or discomfort

Shortness of Breath

Weakness

Abnormal and/or irregular heart rate (normal usually 60-100)

Clammy, cool skin; Pale (washed out look) or bluish skin

Fainting or dizziness

Trembling or seizures

Swelling of abdomen, legs, and feet

## **Emergency Procedure:**

1. Call School Nurse if available
2. Call Parent and 911 if in distress
3. Have student take slow, deep breaths and relax by sitting down or lying down
4. Seizure precautions if having seizures – turn them on their side, don't hold them down, protect their head with a soft object under head, loosen any tight clothing, and note time seizure began and length of seizure.
5. Administer CPR if necessary

Special Accommodations:

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Parent Signature: \_\_\_\_\_

School Nurse Signature: \_\_\_\_\_