



# Observation on the Causes of Cardiovascular Diseases and the Effect of Internal Medicine Nursing

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## Abstract

**Objective:** To investigate and analyze the causes of cardiovascular disease, and to explore the nursing effect of internal medicine nursing in the treatment of cardiovascular disease through experiments. **Methods:** From January 2020 to December 2020, 180 patients with cardiovascular disease were invited to participate in this two-group controlled experiment. According to the principle of randomness and equality, the patients participating in the trial were divided into an experimental group and a control group, and all patients were given a questionnaire survey on the incentives of cardiovascular disease, and different nursing intervention modes were carried out respectively, which were routine clinical nursing and internal medicine. Nursing intervention. Finally, the content of the inducement of cardiovascular disease was obtained, and the two methods were discussed through the treatment effect and the patient's satisfaction with the nursing method. **Results:** Cardiovascular disease incentives were closely related to changes in climate, mood, cholesterol, physical activity and other factors. The nursing mode of the experimental group achieved 95.56% satisfaction, and the control group obtained data of 80.00%. In terms of the effective rate of treatment, the data obtained in the experimental group was 92.22%, and that in the control group was 75.56%. The P values obtained from the above comparison data all reached the standard of less than 0.05. **Conclusion:** According to the results of this experiment, it can be seen that sudden changes in cardiovascular disease should be prevented, and medical nursing can obtain better treatment effect and satisfaction.

## Keywords

Cardiovascular Disease; Incentives; Internal Medicine Nursing; Effect

As people's economic level continues to grow, their eating habits and daily routines have changed significantly. Improper eating and sleeping habits are closely related to the increasing incidence of cardiovascular diseases in recent years. Cardiovascular disease is a disease involving the circulatory system and arteries. The causes of sclerosis are complex and accompanied by high risk and high risk, and it is a type of disease with a high mortality rate [1, 2]. In recent years, with the continuous improvement of medical standards, the nursing model has been continuously. In order to optimize and upgrade the traditional nursing model during patient treatment, thereby improving the treatment efficacy of cardiovascular diseases and enhancing patients' nursing experience, this article conducted a survey on the effectiveness of internal medicine nursing and the causes of cardiovascular diseases.

## 1. Materials and methods

### 1.1 General information

The experiment was conducted from January 2020 to December 2022. A total of 180 patients participated in the experiment. The male-female ratio of all patients was equal. The average age of the patients was  $63.4 \pm 4.7$  years old, and the patients suffered from cardiovascular and cerebrovascular diseases.

### 1.2 Methods

The patients in the control group received routine clinical care, including basic clinical care. The patients in the experimental group received high-quality internal medicine care based on routine clinical care, including psychological, rest, diet, environment and other aspects [3]. Since the causes of cardiovascular disease are relatively complex and the disease mechanism is relatively complicated, most patients find it difficult to have a correct understanding of their own diseases. In addition, due to the importance of cardiovascular disease to the human body, patients become overly concerned about their own diseases after becoming ill, which leads to psychological anxiety, depression and other negative emotions. Psychological adverse reactions will have adverse effects on physiological symptoms such as cardiovascular disease. Patients may even have negative thoughts of giving up treatment. During the treatment process, they are less cooperative with doctors, and ultimately it is difficult to achieve good treatment effects [4, 5]. In this process, in order to better solve the psychological problems of patients, it is necessary to find out the specific reasons for the psychological problems of patients, understand the psychological needs of patients through various forms such as chatting and questionnaires, and nurses need to patiently answer patients' questions professionally, and hold corresponding lectures to popularize relevant knowledge and treatment effects of cardiovascular disease, so as to reduce the psychological concerns caused by patients' insufficient understanding of the disease [6]. By showing the cured cases, we can improve the patients' confidence in treatment, enhance their active cooperation in the treatment process, explain the precautions to the patients, and enable the patients and their families to understand the effective measures to prevent cardiovascular and cerebrovascular diseases during the treatment process. The common feature of patients with cardiovascular and cerebrovascular diseases is that the function of the heart is weakened, and it is necessary to restore and enhance the heart function of the patients by adjusting their work and rest schedule. The corresponding research surveys show that adequate sleep and adequate rest have obvious effects on the enhancement of the heart function of patients. Therefore, nurses need to urge patients to get enough sleep and rest. In extremely special cases, if it is difficult for patients to sleep and rest by themselves, nurses can use sedatives to help patients rest in the form of drugs on the premise of consultation with doctors. For patients with very serious cardiovascular diseases and a high rate of cardiac function decline, nurses need to strictly control their activities. The nutrients consumed by patients have a greater impact on cardiovascular and cerebrovascular diseases, so nurses need to make more rational, individualized, and nutritious dietary arrangements based on the specific conditions of patients. Cholesterol is one of the important causes of cardiovascular disease. Therefore, the dietary arrangements for cardiovascular patients need to control cholesterol intake and reduce the intake of foods with high cholesterol content, such as egg yolks, offal, and animals with shells. Cardiovascular disease patients need to control fat intake and try to consume vegetable oils such as rapeseed oil and peanut oil, and reduce or avoid the use of animal fats, such as lard. The intake of sugary substances needs to be controlled, and sugar intake, such as candy and other foods with high sugar content, needs to be reduced. Salt intake needs to be controlled, and a light diet is emphasized. Smoking and alcohol should be prohibited. Attention should be paid to regulating the patient's intestinal function through diet, avoiding constipation caused by long-term bed rest, and eating more fruits and vegetables rich in fiber. Provide patients with a suitable ward temperature, which is usually controlled between 22 °C and 26 °C. Nurses also need to pay attention to the appropriateness of the room humidity [7]. Because cardiovascular disease patients need adequate sleep and rest, nurses need to provide patients with a relatively quiet and rest-friendly ward environment to reduce adverse symptoms caused by lack of sleep. It is necessary to control the flow of people, open windows regularly for ventilation, and ensure that the indoor air is fresh.

Nursing staff need to prepare the corresponding questionnaires in advance and conduct anonymous questionnaires after the patients have adapted to the hospital environment. By summarizing and analyzing the causes of the patients' cardiovascular and cerebrovascular diseases, the corresponding causes of cardiovascular and cerebrovascular diseases can be obtained.

### 1.3 Observation indicators

The indicators to be observed in this experiment include the patient's satisfaction with the nursing content received and the treatment effectiveness of the patient after nursing. The causes of cardiovascular disease were understood through questionnaires. After nursing and treatment, the patient's heart function returned to normal and the clinical symptoms of cardiovascular and cerebrovascular diseases basically disappeared. Such patients were judged to have significant treatment effects in this experiment. When the patient's cardiovascular and cerebrovascular clinical symptoms and the heart's own functions were significantly improved, such patients were classified as effective in this experiment. When the patient's heart function and clinical symptoms of cardiovascular disease did not improve or even worsened, the patient's condition was classified as ineffective. In the questionnaire form, the survey of nursing satisfaction adopted a scoring system, which was divided into three levels: satisfied, generally satisfied, and dissatisfied. The level segmentation marks were 85 points and 70 points. When calculating the total satisfaction, the two levels of generally satisfied and satisfied were classified as satisfied [8].

### 1.4 Statistical analysis

The data processing software version used for systematic statistical analysis in this experiment is SPSS 18.0, and the data inspection work is completed with the help of *t*.

## 2. Results

The patient satisfaction evaluation of nursing services in the experimental group was 95.56%, and the satisfaction evaluation of the control group was 80.00%. The results of this questionnaire show that bad eating habits, a sudden increase in exercise, large mood swings, seasonal changes and other climate changes, a significant increase in cholesterol levels, and a significant increase in the probability of cardiovascular disease when bad living habits occur. Therefore, the above factors are determined to be the main causes of cardiovascular disease.

**Table 1. Analysis of efficacy of patients in two groups**

Group	Number of examples	Effective	efficient	invalid	Total effective rate (%)
Control group	90	27	41	22	75.56
Experimental Group	90	54	29	7	92.22

## 3. Discussion

Cardiovascular disease is a disease closely related to the heart and blood vessels. Common types include coronary heart disease, heart failure, angina pectoris, myocardial infarction, etc. At present, cardiovascular disease is generally considered by the medical community to be a type of disease that poses a serious threat to human life and health. The incidence of cardiovascular disease is higher among the middle-aged and elderly population, and severe cases can lead to disability or death of patients [9]. The questionnaire survey results of this article found that dietary habits have a great impact on cardiovascular and cerebrovascular diseases. For example, patients who like to eat spicy and greasy food generally have higher cholesterol. Such patients are more likely to develop arteriosclerosis and thrombosis, and the probability of suffering from cardiovascular disease increases accordingly. Large emotional changes such as extreme sadness and joy are also important factors in cardiovascular disease. When the seasons change or other climate changes occur, the patient's blood circulation system will be affected by temperature changes and easily cause cardiovascular disease. Smoking, drinking, and excessive eating are all important factors in causing cardiovascular disease. In the treatment process of patients with cardiovascular disease, nursing work plays an important role. Good nursing work can improve the treatment effect of patients, enhance the happiness of patients during the nursing service process, and make patients show a more positive attitude towards the disease [10]. In the traditional nursing model, the nursing service for patients lacks comprehensiveness and comprehensiveness. Therefore, this paper conducts an experiment to explore the impact of high-quality nursing in internal medicine on patients with cardiovascular diseases, and provides patients with more complete nursing services based on traditional routine nursing content from the perspective of patient psychology, rest, diet and ward environment. The experimental results show that in the nursing of patients with cardiovascular diseases, the application of internal medicine nursing intervention can effectively

improve the final effect, and the causes of cardiovascular diseases obtained through questionnaires include climate, emotions, diet, exercise, habits and other factors. In the nursing process, pay attention to the patient's bad psychology and make timely adjustments; ensure that the patient has enough sleep and rest to promote cardiac rehabilitation; provide patients with a reasonable diet to avoid the intake of nutrients that are not conducive to cardiovascular diseases; create a comfortable ward environment and provide environmental factors that are more suitable for the rehabilitation of patients with cardiovascular diseases.

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