

Nicholas De Luca

Diagnosis: Deteriorating Patient in Cardiac Rehabilitation

Character Brief

Patient story

During this simulation activity, a low risk patient (Mr De Luca) attends the Cardiac Rehabilitation program at the Ritz Medical Centre. Mr De Luca is three weeks post STEMI/CABS x3 and rapidly deteriorates during the exercise class. Mr De Luca will experience shortness of breath, dizziness, nausea and palpitations (irregular HR of 140 indicating acute onset of atrial fibrillation) during the first 1-3 minutes of the simulated exercise class. The nursing & physiotherapy students will be required to assess the patient, implement an emergency plan of care for the patient including the initiation of a MET call. There are approximately 4 other participants in the class.

Rosa and the S/Worker are in a room adjoining the exercise class. At seeing that Mr De Luca has collapsed to the floor, Rosa becomes highly anxious. The social work students stay with Rosa to support her at the time of distress while that nursing & physiotherapy students attend to Mr De Luca

Background information about the patient

Mr Nicholas De Luca is a 48 year old business executive. He is the managing Director of Cassandra Fine Foods Pty Ltd. Cassandra Fine foods is an importer and distributor of pasta, rice, polenta and tomato sauces in Australia. The family operated business was initially started in 1952 by Carlo De Luca. Mr De Luca is a single father of three teenage children, Renzo (15years), Teresa (13years) and Alberto (9 years). His wife Daniela died of breast cancer eight years ago. Since his wife's death, Mr De Luca's mother Claudia has lived with the family in their single storey house in Parkville. Mr De Luca's current girlfriend is called Rosa; she works as a Chartered Accountant with Price Waterhouse and Coopers.

Physical characteristic

Mr De Luca is an Italian gentleman who runs the family business that was started by his father. He was educated to year 12 at high school. He learned the family business "on the job" by watching how his father managed the business.

Unfortunately he does not take good care of his health due to his busy lifestyle. Hence he is overweight.

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Patient's affects/ behaviours

Mr De Luca underwent major cardiac surgery three weeks ago. His postoperative progress was good. When Mr De Luca was discharged from hospital he was able to walking around the ward and up one flight of stairs without any issues/problems. During his postoperative period his major issue was an irregular heart rate (palpitations). This was effectively treated by administering some intra venous electrolytes (Potassium and Magnesium) However, Mr De Lucas father died suddenly from a heart attack at the age of 54. Mr De Luca is anxious over his family medical history and also his ability to continue to manage the family business.

Patient's current concerns

Mr De Luca is concerned about when is the best time to re commence sexual activities with his girlfriend. He is also concerned about the managing his family business.

Patient's history of the problem

Mr De Luca presented to the Ritz Medical Centre with an acute episode of crushing central chest pain, nausea and shortness of breath. His oldest son Renzo called an Ambulance when his father collapsed to the ground clutching his chest whilst they were playing a game of backyard soccer. Mr De Luca was quickly reviewed in the Emergency Department and was diagnosed as an experiencing an acute Anterolateral ST Elevation Myocardial Infarction (STEMI). He was rapidly transferred to the Ritz Medical Centre Cathlab where he underwent a Percutaneous Coronary Intervention (PCI). It was discovered that Mr De Luca had a 66% occlusion of his left main artery, an 80 % occlusion of his left anterior descending artery and 75% occlusion of his left circumflex artery. Due to the existence of extensive coronary artery disease, Mr De Luca was transferred to the operating theatre for urgent Coronary Artery Bypass Surgery (CABS).

It is now three weeks posts Mr De Luca's STEMI/CABSx3, he has just started attending the Cardiac Rehabilitation Program at the Ritz Medical Centre. Today is the second time that Mr De Luca has attended the CRP. Currently, Mr De Luca's greatest concern is about resuming sexual activity with his girlfriend, Rosa. Today, he has requested some information on how he will know when he is "ready" to return to his normal "level of activity". In addition, Mr De Luca has given informed consent for the hospital social workers to liaise with his girlfriend Rosa around available options for community support and referral. Mr DeLuca claims that Rosa often takes a lead role in helping him and his family

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negotiate with organisations and services because she is educated and good at all of that. Upon discharge Mr De Luca was independent in his ADLs. He was capable of walking around the ward (50 meters) and up one flight of stairs without shortness of breath, dizziness, chest pain or any other evidence of exercise induced myocardial ischemia. At discharge it was reported that Mr De Luca ejection fraction was > 50 %. Apart from a long aortic cross clamp time and an episodes of frequent premature atrial contractions on day two, that responded to IV administration of K+ & Mg Mr De Luca's postoperative recovery was uneventful. Mr De Luca experienced no other complications as a result of his surgery e.g. chest infection, wound infection, DVT etc

Patient's past medical history

Lifestyle & Health Practices

Mr De Luca has a past medical history of smoking 25 cigarettes a day for 30 years (37 pack years).

Mr De Luca drinks three to four glasses of Chianti per night. He is a member of a gym in Carlton however, due to busy lifestyle he rarely gets to exercise. Mr De Luca does not monitor his blood pressure or his blood glucose level. At times he is non adherent to his medication regime for his chronic conditions.

Patient's family medical history

Type Two Diabetes and Cardiovascular Disease.

Carlo De Luca, Nicholas father, died suddenly at the age of 54 of a myocardial infarction.

Scenario prompts

- During the SIM Mr De Luca is to complain (c/o) of moderate shortness of breath, this does not settle once patient is position in a comfortable position.
During the SIM MR De Luca is to c/o of palpitations in chest. States that it feels as if his heart is racing. He feels dizzy and nauseated.

Other relevant information

During this activity it is expected that the student will do the following interventions.

- Student should follow the DRABC format in the simulations
- Stops all patient activity
- Places patient in semi fowlers position or other position of comfort
- Undertakes assessment of MR De Luca
- May administer aspirin if Mr De Luca states he has not had his morning aspirin
- May administer Oxygen via Hudson mask at 6 – 8 l/min
- Initiates hospital MET call as Mr De Luca meets numerous criteria (HR/BP/Concern)
- Reassess patient at regular five minutely intervals until arrival of MET call team
- Reassures and calms patient regularly
- Documents all of assessment findings on inpatient chart

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