

Health Study Guide

Part 1 – Cardiovascular

1. What organs are found in the cardiovascular system?
heart and blood vessels
2. What is the function of the cardiovascular system?
to transport gas, nutrients, waste, white blood cells, and hormones to the cells
3. List differences between arteries, veins and capillaries.
Arteries carry blood away from the heart. Veins carry blood towards the heart and have valves, and capillaries are where gas exchange occurs.
4. Describe the difference between atria and ventricles.
Atria are the receiving chambers of the heart. Ventricles are the pumping chambers of the heart
5. Where does the left side of your heart pump blood to? Where does the right side of your heart pump blood to?
Left side of your heart pumps blood to the heart and the rest of the body. The right side of the heart pumps blood between the heart and the lungs.
6. Where is blood pressure higher? In arteries or veins?
Blood pressure is higher in an artery and lower in veins.

Blood Pressure

1. Give a definition for blood pressure.
Blood Pressure is the pressure that blood exerts on the walls of arteries and veins
2. What is the difference between systolic and diastolic blood pressure?
Systolic blood pressure is when the heart contracts and is the top number. Diastolic is the pressure when the heart relaxes or the bottom number.
3. What is another name for high blood pressure?
Hypertension
4. How can high blood pressure damage your blood vessels?
It can weaken your blood vessels and make them lose flexibility which makes it easier for plaque to build up
5. How can high blood pressure damage your kidneys?
They have tiny blood vessels that can easily be damaged
6. How can high blood pressure damage your eyes?
They have tiny blood vessels that can easily be damaged
7. How can decreasing sodium intake lower blood pressure?
High Sodium pulls H₂O into the blood, increases the blood volume which leads to an increased blood pressure. Low sodium does less of this.
8. How can exercise decrease blood pressure?

Health Unit 2 Study Guide

Frances Vincent



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Study Guide for Essentials for Nursing Practice - E-Book Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, Patricia Castaldi, 2018-03-15 Corresponding to the chapters in Essentials for Nursing Practice 9th Edition Study Guide for Essentials for Nursing Practice reinforces your understanding of key nursing ideas Each chapter includes a Preliminary Reading Case Study questions a Chapter Review Study Group Questions and directions to help you create your own personalized Study Chart for the chapter In addition each Chapter Review includes many different kinds of questions to keep learning the material interactive and fun Answers and rationales included on the Essentials for Nursing Practice Evolve Each chapter includes a case study with related questions allowing students to apply what they've learned Chapter review questions include matching short answer multiple choice and true false questions provide students with evaluation and test taking practice Study group questions make it easier for students to review material with their peers site Skills performance checklists help you measure your mastery of important nursing procedures Study charts in select chapters help provide focus and structure for students reviewing the material and key concepts NEW Content completely updated to match Nursing Essentials 9th Edition NEW Chapter on Complementary and Alternative Therapies addresses content that is now included on the NCLEX exam NEW Preliminary Readings sections provide you with an easy reference point to the related text chapter [Study Guide to Accompany Maternal and Child Health Nursing](#) Adele Pillitteri, 2013-11-05 This Study Guide to accompany the Seventh Edition of Maternal Child Health Nursing by Adele Pillitteri is designed to help students practice and retain the knowledge from the textbook and it is structured to integrate that knowledge and give students a basis for applying it in their nursing practice **Resources in Education**, 1996-10 [Catalog](#) National Medical Audiovisual Center, 1981 *Psychiatry-Addiction Specialty Review and Study Guide* Leonard Jenkins, 2015-09-25 Includes Multiple choice fact scenario and case based questions Correct answers and explanations to help you quickly master specialty content All questions have keywords linked to additional online references The mission of StatPearls Publishing is to help you evaluate and improve your knowledge base We do this by providing high quality peer reviewed educationally sound questions written by leading educators StatPearls Publishing **Environmental Health** Mr. Rohit Manglik, 2024-03-17 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels [Study Guide For Safe Maternity and Pediatric Nursing Care](#) Luanne Linnard-Palmer, Gloria Haile Coats, 2016-09-23 Here's the perfect companion to Safe Maternity Pediatric Nursing Care Each chapter in the Study Guide corresponds to a chapter in the text Exercise by exercise activity by activity you'll develop your critical thinking and problem solving skills while mastering the principles concepts and procedures essential to success in the classroom and in practice *Psychologist Specialty Review and Study*

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