



The Charting Method of Note Taking: Blank Handout + Example

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Review the other side of this handout for directions, and an example.

<u>Date:</u>	<u>What are the main concepts in this lecture?</u>	<u>Questions to ask:</u>
<u>Topic(s):</u>	1)	
<u>Class:</u>	2)	
	3)	

Review the other side of this handout for a blank chart you can use for your notes.



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Directions: Identify key themes or categories you need to cover and use them as the heading for each column. Create a new row for each topic, and mark important bullet points.

Example:

<u>Date:</u> 11/07/2026 <u>Topic(s):</u> cardiopathologies <u>Class:</u> Anatomy (ANPS1190)	<u>What are the main concepts in this lecture?</u> 1) Risk factors of cardiopathologies 2) Symptoms of cardiopathologies 3) Treatment of cardiopathologies	<u>Questions to ask:</u> Why do beta blockers work for some pathologies, but not others?
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Theory/Concept	Definitions	Risk Factors	Symptoms	Treatment
Coronary Artery Disease	Vessels that provide blood to the heart get clogged by cholesterol causing atherosclerosis, blood cannot pass through	Hypertension Modifiable: cholesterol levels Non-modifiable: age, sex, genes	Chest pain Radiated pain Nausea/vomiting Shortness of breath	Aspirin Beta-Blockers Nitrates Anticoagulants
Ischemic Stroke	75% of all strokes When blood clots cut off brain flow to brain	Atherosclerosis	Numbness/weakness Trouble speaking or comprehension	Aspirin Thrombolytics
Hemorrhagic Stroke	Trauma causes vessels to break, causes cascade of brain death	Aneurysm Arteriovenous	Trouble seeing Dizziness	Anti-hypertensive Elevate head
Cardiomyopathy	Issue with valves of the heart, causing power failure, decreased pumping, or a blockage	Increased sodium intake Alcohol and drug abuse Viral infections	Increased breathing Edema Weakness	Low salt diet Diuretics