

CHARTING METHOD NOTES

**See page 2 for directions*

<p>DATE: TOPIC(S): CLASS:</p>	<p>What are the main concepts in this lecture?</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Questions to ask:</p>
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Directions: Use the Charting Note-Taking method to organize and categorize notes into columns and across rows, using clear subject labels. Subject labels vary and change depending on course content covered.

Example:

DATE:	What are the main concepts in this lecture?	Questions to Ask:
TOPIC(S): Cardiopathologies	1. Risk factors of cardiopathologies	Why do β -blockers work for some pathologies but not others?
CLASS: anatomy	2. Symptoms of cardiopathologies 3. Treatment of cardiopathologies	

Theory/Concept:	Definition:	Characteristic 1: RISK FACTORS	Characteristic 2: SYMPTOMS	Characteristic 3: Treatment
Coronary artery disease	vessels that provide blood to the \heartsuit get clogged by cholesterol causing atherosclerosis, blood can't get through	Framingham Heart Study • hypertension • modifiable: cholesterol (LDL), fatty acids • non-modifiable: age, sex, race, genes	• chest pain (crushing pain) • radiated pain • nausea/vomiting • shortness of breath	• "clot-busting" meds (aspirin) • β -blockers • Nitrates • anticoagulants
Stroke (Ischemic)	75% of all strokes 1. embolism (traveling mass) 2. thrombotic (happens in spot, doesn't travel) blood cut off by clot, brain tissue dies	• atherosclerosis • see CAD	• numbness/weakness • Trouble speaking or comprehension	• aspirin • Thrombolytic
Stroke (Hemorrhagic)	Trauma causes vessels to break, causes cascade of brain death	• aneurysm • arteriovenous	• Trouble seeing w/ one or both eyes • Dizziness	• anti-hypertensive • head elevated • lower head pressure
Cardiomyopathy	Issue with valves of the \heartsuit , causing power failure, decreased pumping, or a blockage	• diet (\uparrow Na) • alcohol/drug abuse • viral infections	• increased breathing • edema • weakness	• low salt diet, • diuretics • ace inhibitors • β -blockers

Image Source: The Learning Corner @ The Academic Success Center at Oregon State University