

The GUARD Method™

CARDIOVASCULAR NURSING CARE TEMPLATE



GOAL

What are we trying to accomplish?

- Maintain or improve cardiac function
- Ensure adequate perfusion to organs
- Relieve symptoms
- Prevent complications
- Promote optimal cardiovascular health

KEY POINTS FOR THIS PATIENT

- _____
- _____
- _____



UNSAFE OUTCOMES

What could harm this patient?

- Decreased cardiac output
- Dysrhythmias
- Myocardial ischemia or infarction
- Heart failure
- Shock
- Thrombus formation (DVT, PE, stroke)
- Decreased tissue perfusion

KEY POINTS FOR THIS PATIENT

- _____
- _____
- _____



AFFECTING FACTORS

What changes the situation?

- Age
- Comorbidities (e.g., hypertension, diabetes)
- Lifestyle factors (e.g., smoking, diet, activity)
- Medications and interactions
- Genetic factors
- Weight and BMI
- Fluid and electrolyte balance
- Stress and illness severity

KEY POINTS FOR THIS PATIENT

- _____
- _____
- _____



RESULTS

What tells us what is actually happening?

- Vital signs (BP, HR, RR, SpO₂)
- ECG or cardiac monitoring
- Symptoms (e.g., chest pain, dyspnea, fatigue)
- Assessment findings (e.g., heart sounds, edema)
- Laboratory values (e.g., troponin, BNP, electrolytes)
- Diagnostic test results (e.g., echocardiogram, CXR)
- Patient response to treatment

KEY POINTS FOR THIS PATIENT

- _____
- _____
- _____



DO OR DON'T

What should the nurse do or not do?

- Implement prescribed interventions
 - Monitor and reassess
 - Administer medications as ordered
 - Educate the patient
 - Notify or escalate for changes or concerns
-
- Avoid actions that increase cardiac workload

KEY POINTS FOR THIS PATIENT

- _____
- _____
- _____