



taya özel olarak giydirilen dereceli kompresyon çoraplarının doğru kullanımı ve bakımı öğretilmelidir. Hasta sabah kalkmadan önce yatakta çorap giymelidir. Bacakların kalbin üzerinde periyodik olarak konumlandırılmasının önemini vurgulanmalıdır Fazla kilolu hastanın kilo verme konusunda yardıma ihtiyacı olabilir. Uzun süre ayakta durmayı veya oturmayı gerektiren bir işi olan hastanın sık sık kalçalarını, bacaklarını ve ayak bileklerini esnetmesi ve uzatması ve pozisyon değiştirmesi gerekir (11).

KAYNAKLAR

1. WHO. (2021). Cardiovascular diseases (CVDs). [https://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)). Erişim: 28.08.2022
2. Türkiye İstatistik Kurumu (TÜİK). (2019). Ölüm ve Ölüm Nedeni İstatistikleri. Sayı: 33710 <https://data.tuik.gov.tr/Bulten/Index?p=Olum-ve-Olum-Nedeni-Istatistikleri-2019-33710> Erişim: 28.08.2022
3. deWit SC, Stromberg HK, Dallred CV. (2016). Medical-Surgical Nursing: Concepts & Practice. (s. 683-829). Saunders; 3rd edition
4. Keegan, P. (2019). Inflammatory and Structural Heart Disorders. Mariann M. Harding, Jeffrey Kwong, Dottie Roberts, Debra Hagler, Courtney Reinisch (Ed.). Lewis's Medical-Surgical Nursing, Assessment and Management of Clinical Problems (s. 2919-3003), 11th Edition. Basım Yeri: Mosby.
5. Dechant LM, Heimgartner NM. (2021). Concepts of Care for Patients With Cardiac Problems. Donna D. Ignatavicius, M. Linda Workman, Cherie R. Rebar, Nicole M. Heimgartner (Ed.), Medical-Surgical Nursing: Concepts for Interprofessional Collaborative Care, 10th edition. (s. 1928-2015). Kanada: Elsevier Inc.
6. Schakenbach, L. (2018). Management of Patients With Structural, Infectious, and Inflammatory Cardiac Disorders. Janice L. Hinkle, Kerry H. Cheever (Ed.). Brunner & Suddarth's Textbook of Medical-Surgical Nursing, 14th edition (s. 2141-2217). Philadelphia: Wolters Kluwer.
7. Rospieski, J and Heimgartner NM. (2021). Concepts of Care for Patients With Vascular Problems. Donna D. Ignatavicius, M. Linda Workman, Cherie R. Rebar, Nicole M. Heimgartner (Ed.), Medical-Surgical Nursing: Concepts for Interprofessional Collaborative Care, 10th edition. (s. 2016-2115). Kanada: Elsevier Inc.
8. Farrell, M. (2017). Management of patients with coronary vascular disorders. Maureen Farrell (Ed.). Smeltzer & Bare's Textbook of Medical-Surgical Nursing, Fourth Australian and New Zealand Edition (s. 680-725). Philadelphia: Wolters Kluwer Health.
9. Dressler, D. (2018). Management of Patients With Coronary Vascular Disorders. Janice L. Hinkle, Kerry H. Cheever (Ed.). Brunner & Suddarth's Textbook of Medical-Surgical Nursing, 14th edition (s. 2045-2140). Philadelphia: Wolters Kluwer.
10. Barton-Maxwell, V. (2019). Heart Failure. Mariann M. Harding, Jeffrey Kwong, Dottie Roberts, Debra Hagler, Courtney Reinisch (Ed.). Lewis's Medical-Surgical Nursing, Assessment and Management of Clinical Problems (s. 2761-2833), 11th Edition Kanada: Mosby.



11. Day, K. (2019). Vascular Disorders. Mariann M. Harding, Jeffrey Kwong, Dottie Roberts, Debra Hagler, Courtney Reinisch (Ed.). Lewis's Medical-Surgical Nursing, Assessment and Management of Clinical Problems (s. 3004-3112), 11th Edition. Basım Kanada: Mosby.
12. Cantwell-Gab, K. (2018). Chapter 30: Assessment and Management of Patients With Vascular Disorders and Problems of Peripheral Circulation. Janice L. Hinkle, Kerry H. Cheever (Ed.). Brunner & Suddarth's Textbook of Medical-Surgical Nursing, 14th edition (s. 2281-2395). Philadelphia: Wolters Kluwer.