coronary artery disease hesi case study

coronary artery disease hesi case study explores the complexities of coronary artery disease (CAD) through the lens of clinical scenarios designed to enhance critical thinking and clinical judgment. This comprehensive article provides a detailed overview of CAD, focusing on its pathophysiology, risk factors, diagnostic approaches, management strategies, and implications for nursing care—all within the context of a HESI case study. Readers will gain insight into the types of HESI questions encountered, essential concepts for exam success, and practical strategies for approaching case-based learning. Whether you are a nursing student preparing for assessments, a healthcare professional seeking a refresher, or an educator designing curriculum, this guide delivers evidence-based information and actionable tips for mastering coronary artery disease in the HESI case study format.

- Understanding Coronary Artery Disease in HESI Case Studies
- Pathophysiology and Epidemiology of Coronary Artery Disease
- Risk Factors and Clinical Manifestations in CAD
- Diagnostic Approaches for Coronary Artery Disease
- Management Strategies in CAD Case Studies
- Nursing Interventions and Patient Education
- Common HESI Case Study Questions and Effective Strategies
- Tips for Success in Coronary Artery Disease HESI Case Studies

Understanding Coronary Artery Disease in HESI Case Studies

Coronary artery disease is a leading cause of morbidity and mortality worldwide. In the context of a HESI case study, CAD is often presented through realistic patient scenarios that require students to synthesize clinical data, identify priorities, and recommend evidence-based interventions. These case studies challenge learners to apply foundational knowledge, recognize atypical presentations, and navigate complex decision-making processes. By studying coronary artery disease within the HESI framework, students can deepen their understanding of pathophysiology, diagnostics, and management while developing the essential skills needed for safe and effective patient care.

Pathophysiology and Epidemiology of Coronary Artery Disease

Mechanisms of Coronary Artery Disease

Coronary artery disease is characterized by the narrowing or blockage of coronary arteries due to atherosclerosis—a process involving the buildup of plaque composed of cholesterol, fatty substances, and cellular waste. This progressive condition reduces blood flow to the heart muscle, leading to ischemia and, if untreated, myocardial infarction. The pathophysiological process includes endothelial injury, lipid accumulation, and inflammatory responses that destabilize plaque and increase the risk of thrombosis.

Prevalence and Impact

CAD affects millions globally, with higher incidence in older adults, males, and those with comorbid conditions such as diabetes and hypertension. Epidemiological data reveal that coronary artery disease remains the primary contributor to cardiovascular deaths, underscoring the importance of early detection and intervention. Understanding the epidemiology of CAD is essential for nursing students tackling HESI case studies, as it informs risk assessment and preventative strategies.

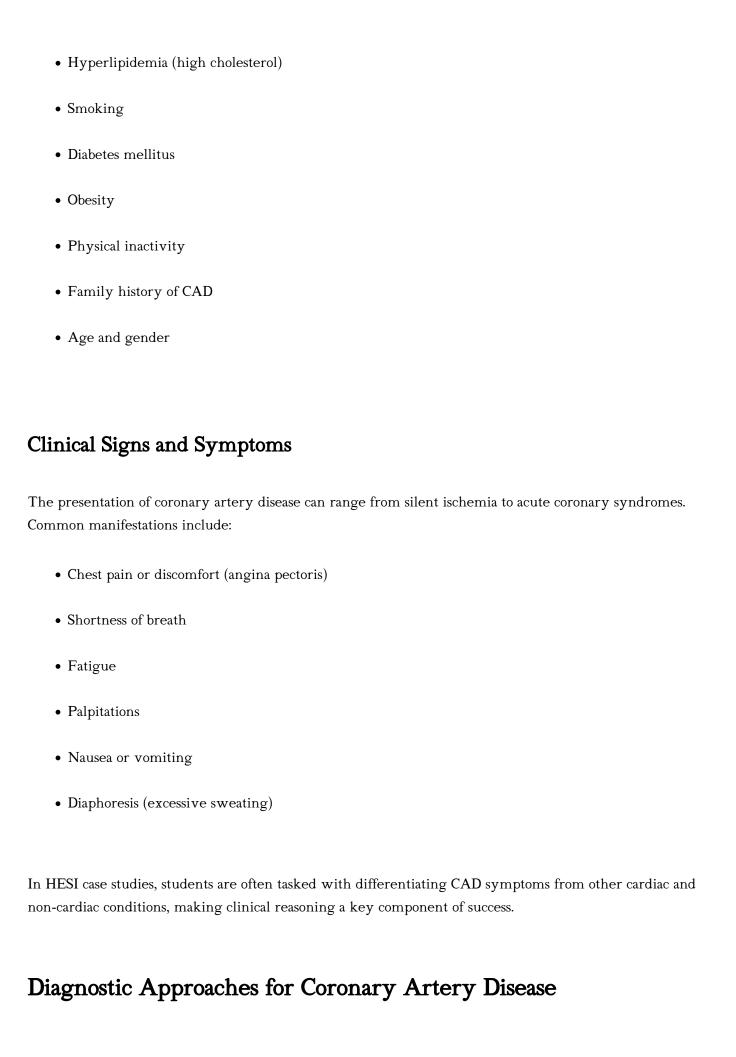
- Most common type of heart disease in adults
- Significant impact on quality of life and healthcare resources
- Associated with modifiable and non-modifiable risk factors

Risk Factors and Clinical Manifestations in CAD

Key Risk Factors

Coronary artery disease develops over time and is influenced by a combination of genetic, lifestyle, and environmental factors. Recognizing these risk factors is vital for effective case study analysis and patient management.

Hypertension



Clinical Assessment

Accurate diagnosis of coronary artery disease requires a combination of patient history, physical examination, and diagnostic testing. In HESI case studies, learners must interpret clinical cues and prioritize assessments to establish a diagnosis.

Essential Diagnostic Tests

- Electrocardiogram (ECG): Detects ischemic changes and arrhythmias
- Cardiac biomarkers (troponin, CK-MB): Identify myocardial injury
- Stress testing: Evaluates heart function under exertion
- Coronary angiography: Visualizes coronary artery blockages
- Echocardiogram: Assesses cardiac structure and function
- Lipid profile: Measures cholesterol levels

In case study scenarios, students must understand the indications, interpretations, and implications of these tests to guide clinical decision-making.

Management Strategies in CAD Case Studies

Medical and Lifestyle Interventions

Treatment of coronary artery disease is multifaceted, combining pharmacological therapy, lifestyle modification, and procedural interventions. HESI case studies often present complex management challenges, requiring students to evaluate options and tailor recommendations to individual patient needs.

- Pharmacologic agents (antiplatelets, beta-blockers, statins, ACE inhibitors)
- Smoking cessation
- Dietary changes (low-fat, low-sodium)

- Regular physical activity
- Weight management

Surgical and Procedural Options

Advanced cases of CAD may require invasive procedures to restore coronary blood flow. Students must understand indications, risks, and post-procedural care for interventions such as:

- Percutaneous coronary intervention (PCI, angioplasty with stenting)
- Coronary artery bypass grafting (CABG)

Nursing Interventions and Patient Education

Nursing Assessment and Monitoring

Nurses play a central role in managing patients with coronary artery disease. In HESI case studies, assessment focuses on monitoring vital signs, cardiac rhythm, and recognizing complications such as arrhythmias or heart failure.

Patient Education and Support

Effective patient education improves outcomes and adherence to treatment plans. Key topics include:

- Medication purpose, side effects, and administration
- Lifestyle changes to reduce risk
- Recognizing warning signs of worsening disease
- Importance of follow-up care and cardiac rehabilitation

Students must demonstrate the ability to communicate these concepts, address patient concerns, and foster self-management.

Common HESI Case Study Questions and Effective Strategies

Types of HESI Questions Related to CAD

HESI case studies for coronary artery disease typically include multiple formats:

- Priority-setting and triage questions
- Pharmacology and medication safety
- Pathophysiology and clinical reasoning
- Patient teaching and discharge planning
- Interpretation of diagnostic results

Strategies for Answering CAD Case Study Questions

Success in HESI case studies depends on systematic analysis and application of knowledge. Effective strategies include:

- Reading the scenario thoroughly and identifying key issues
- Prioritizing patient safety and ABCs (Airway, Breathing, Circulation)
- Applying evidence-based guidelines for CAD management
- Recognizing the rationale behind interventions
- Using critical thinking and clinical judgment

Tips for Success in Coronary Artery Disease HESI Case Studies

Preparation and Study Techniques

Mastering coronary artery disease in HESI case studies requires diligent preparation, active learning, and practice with case-based questions. Recommended techniques include:

- Reviewing CAD pathophysiology, risk factors, and clinical presentations
- Studying diagnostic tests and their interpretations
- Practicing medication calculations and safety considerations
- Engaging in group study and discussion of case scenarios
- Utilizing HESI review books and simulation resources

Test-Taking Skills and Exam Day Strategies

On exam day, effective time management and stress reduction techniques are crucial. Students should read questions carefully, eliminate distractors, and justify their choices based on clinical evidence. Staying calm and focused ensures optimal performance during CAD case study assessments.

Trending Questions and Answers about Coronary Artery Disease HESI Case Study

Q: What is the primary pathophysiological process underlying coronary artery disease in HESI case studies?

A: The primary process is atherosclerosis, involving the buildup of plaque in coronary arteries, leading to reduced blood flow and potential myocardial ischemia.

Q: Which risk factors are most commonly assessed in a coronary artery disease HESI case study?

A: Key risk factors include hypertension, high cholesterol, smoking, diabetes, obesity, family history, and physical inactivity.

Q: What are typical clinical manifestations of coronary artery disease highlighted in HESI scenarios?

A: Common symptoms include chest pain (angina), shortness of breath, fatigue, palpitations, nausea, and excessive sweating.

Q: Which diagnostic tests are frequently referenced in coronary artery disease HESI case study questions?

A: Diagnostic tests often include ECG, cardiac biomarkers, stress testing, coronary angiography, and lipid profiles.

Q: What are the main pharmacological treatments for coronary artery disease discussed in HESI case studies?

A: Treatments include antiplatelet agents, beta-blockers, statins, ACE inhibitors, and sometimes nitrates.

Q: How do HESI case studies evaluate nursing interventions for coronary artery disease?

A: They assess monitoring of vital signs, cardiac rhythm, medication administration, patient education, and support for lifestyle changes.

Q: What strategies help students succeed in coronary artery disease HESI case study questions?

A: Effective strategies include prioritizing patient safety, applying clinical guidelines, critical thinking, and systematic analysis of scenarios.

Q: How should nurses educate patients with coronary artery disease in **HESI case studies?**

A: Nurses should explain medication regimens, lifestyle modifications, warning signs, and the importance of follow-up and cardiac rehabilitation.

Q: What complications should be monitored in CAD HESI case studies?

A: Nurses should watch for arrhythmias, heart failure, myocardial infarction, and adverse drug reactions.

Q: Why is case-based learning important for understanding coronary artery disease in HESI?

A: Case-based learning promotes critical thinking, clinical judgment, and the ability to apply knowledge to real-world patient care scenarios.

Coronary Artery Disease Hesi Case Study

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Coronary Artery Disease HESI Case Study: A Comprehensive Guide

Introduction:

Nailing HESI case studies, especially those focusing on complex conditions like coronary artery disease (CAD), requires a structured approach. This blog post dives deep into a sample coronary artery disease HESI case study, breaking down the crucial elements for successful analysis and answering. We'll dissect the clinical presentation, diagnostic tests, treatment options, and nursing implications, equipping you with the knowledge and strategy to ace your HESI exam. This isn't just a superficial overview; we'll provide actionable insights and critical thinking frameworks applicable to similar case scenarios. Get ready to master your understanding of CAD and improve your HESI performance!

Understanding Coronary Artery Disease (CAD)

Before tackling the case study, let's establish a solid foundation on coronary artery disease. CAD is a condition where plaque builds up inside the coronary arteries, reducing blood flow to the heart muscle. This reduced blood flow can lead to angina (chest pain), myocardial infarction (heart attack), and other serious cardiovascular complications. Key risk factors include:

Risk Factors for Coronary Artery Disease:

High blood pressure (hypertension): Constantly elevated blood pressure damages blood vessels.

High cholesterol: Excess LDL ("bad") cholesterol contributes to plaque formation.

Diabetes: High blood sugar levels damage blood vessels and increase the risk of CAD.

Smoking: Damages blood vessel lining and increases blood clotting.

Obesity: Linked to high blood pressure, cholesterol, and diabetes.

Family history: Genetic predisposition increases the risk.

Physical inactivity: Lack of exercise increases several risk factors.

Understanding these risk factors is crucial for interpreting patient history in a HESI case study.

Sample Coronary Artery Disease HESI Case Study: A Detailed Analysis

Let's analyze a hypothetical HESI case study focusing on CAD:

Scenario: A 65-year-old male patient presents to the emergency department complaining of crushing chest pain radiating to his left arm and jaw. He reports the pain started 30 minutes ago while mowing his lawn. He has a history of hypertension and hyperlipidemia but is not currently taking any medication. He is a smoker and reports a family history of heart disease.

Analyzing the Subjective Data:

The patient's subjective data, his own account of his symptoms, provides crucial clues:

Crushing chest pain: Classic angina symptom indicating myocardial ischemia.

Radiation to left arm and jaw: Characteristic of cardiac pain.

Onset during exertion: Suggests angina pectoris (chest pain brought on by exertion).

History of hypertension and hyperlipidemia: Significant risk factors for CAD.

Smoking and family history: Further elevate his risk.

Analyzing the Objective Data:

The objective data, the physical examination and diagnostic tests, confirm the suspicion:

Vital signs: Elevated heart rate and blood pressure (reflecting the body's stress response).

ECG: Showing ST-segment elevation (indicating acute myocardial infarction).

Cardiac Enzymes: Elevated Troponin levels (confirming myocardial damage).

Diagnostic Tests and Interpretations:

The case study will likely include various tests. Understanding their significance is vital:

Electrocardiogram (ECG): Detects electrical activity of the heart, showing abnormalities like ST-segment elevation indicating acute MI.

Cardiac Enzymes (Troponin): Released into the bloodstream after myocardial injury. Elevated levels confirm a heart attack.

Cardiac Catheterization: A procedure to visualize coronary arteries and assess the extent of blockage.

Treatment and Nursing Implications:

Based on the findings, the treatment would likely involve:

Oxygen therapy: Increases oxygen supply to the heart muscle. Nitroglycerin: Dilates coronary arteries to improve blood flow.

Morphine: Relieves pain and anxiety.

Antiplatelet agents (aspirin, clopidogrel): Prevent blood clot formation.

Thrombolytic therapy (if indicated): Dissolves blood clots blocking coronary arteries.

Percutaneous coronary intervention (PCI) or coronary artery bypass graft (CABG): Procedures to open blocked arteries.

Nursing care focuses on:

Monitoring vital signs: Closely observe for changes. Pain management: Administer and assess pain relief. Cardiac monitoring: Continuous ECG monitoring.

Education: Patient education on risk factors, medication, and lifestyle modifications.

Answering HESI Case Study Questions Effectively

Successfully navigating HESI case studies requires a structured approach:

Analyze the data systematically: Separate subjective from objective data.

Identify key findings: Focus on the most critical information.

Prioritize: Address the most urgent problems first.

Apply nursing knowledge: Relate findings to pathophysiology and treatment.

Justify your answers: Explain your reasoning clearly and concisely.

Conclusion

Mastering coronary artery disease HESI case studies requires understanding the pathophysiology of CAD, recognizing key clinical manifestations, and applying critical thinking skills to interpret diagnostic data and plan appropriate interventions. By following the structured approach outlined here, you can significantly improve your performance on the HESI exam and your overall understanding of cardiovascular disease. Remember to practice regularly with different case scenarios to hone your skills.

FAQs

- 1. What are the most common complications of coronary artery disease? Complications include myocardial infarction (heart attack), heart failure, arrhythmias, and sudden cardiac death.
- 2. How is coronary artery disease diagnosed? Diagnosis involves patient history, physical examination, ECG, cardiac enzymes, and often cardiac catheterization.
- 3. What are the lifestyle modifications recommended for patients with CAD? Lifestyle changes include diet modification (low-fat, low-sodium), regular exercise, smoking cessation, and weight management.
- 4. What medications are commonly used to treat CAD? Medications include aspirin, beta-blockers, statins, ACE inhibitors, and nitrates.
- 5. How can I improve my performance on HESI case studies related to CAD? Practice regularly with various case scenarios, focusing on systematically analyzing data, prioritizing findings, and justifying your answers. Use reliable resources like textbooks and online case study databases.

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coronary artery disease hesi case study: HESI Comprehensive Review for the NCLEX-RN® Examination - E-Book HESI, 2022-09-29 HESI Comprehensive Review for the NCLEX-RN® Examination, 7th Edition provides a complete, all-in-one review of the information that you need to know. Written in an easy-to-read outline format, this study guide reviews content by concepts and clinical areas. Along the way, valuable tips from HESI® help you apply principles of clinical decision-making and clinical judgment. With more than 1,000 practice questions in both study and exam formats, the companion Evolve website enables you to practice test-taking in the same electronic format you will experience on nursing school exit exams and on the NCLEX-RN exam. -HESI Hint boxes spotlight important clinical information and concepts commonly tested on the NCLEX-RN exam. - Over 1,000 practice questions for the NCLEX on the companion Evolve website include alternate item formats to provide a testing experience similar to the HESI Exit and NCLEX exams. - Chapters organized by clinical area enable you to easily search for various review topics. -Clinical judgment study guestions and tables with rationales reinforce key concepts and content. -Fill-in-the-blank and prioritizing questions mirror the alternate item format item types included on the NCLEX-RN exam. - Pharmacology tables highlight the need-to-know drug therapy content emphasized on the NCLEX-RN exam. - Consistent format and chapter organization make it easy to move between topics when reviewing. - NEW! Thoroughly revised content incorporates clinical updates and reflects the latest Next-Generation NCLEX-RN test plan. - NEW! Questions for the Next-Generation NCLEX (NGN) prepare you for the biggest change to the NCLEX-RN test plan to date. - NEW! All-new editorial board rejuvenates this classic text with fresh perspectives and expertise to make a great book even better. - ENHANCED! Evolve companion website features more than 100 new guestions in alternate item format, for NGN, and more to provide you with additional test-taking practice.

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their nursing careers. As a home care nurse working mainly with the geriatric community, I found the resources helpful in my practice. As an instructor, I found the book to be a very useful guide for teaching geriatrics." Score: 90, 4 Stars —Doody's Medical Reviews "[This] is a unique volume that effectively addresses the lack of gerontology case studies for use with undergraduate nursing students. Case studies are a pedagogically powerful approach to active learning that offer opportunities to apply content to clinical practice." —The Gerontologist "The case narrative approach of this book promotes active learning that is more meaningful to students (and practicing nurses) and more likely to increase the transfer of evidence into practice. An excellent resource for faculty (staff educators) to facilitate critical learning skills." -Liz Capezuti, PhD, RN, FAAN Dr. John W. Rowe Professor in Successful Aging Co-Director, Hartford Institute for Geriatric Nursing New York University College of Nursing Vivid case examples help guide nurses in developing appropriate interventions that include complementary and alternative health therapies and provide a basis for evaluating outcomes. Exercises interspersed throughout each case study include numerous open-ended and multiple-choice questions to facilitate learning and critical thinking. The text is unique in that some of the presented cases focus on psychosocial issues such as gambling addiction, hoarding behavior, emergency preparedness, and long-distance caregiving. Cases also depict geriatric clients who are living healthy, productive lives to counter myths and negative attitudes about older adults. Scenarios demonstrating ethical dilemmas prepare students to appropriately respond to "gray area" situations. The text is geared for AACN and NLN accreditation and is organized according to the needs of actual clinical settings. With cases that take place in the home and community or within primary, acute, and long-term care facilities, this book will be useful for courses specific to gerontology nursing or across any nursing curriculum. New to the Second Edition: A completely new section of Aging Issues Affecting the Family New cases addressing health care disparities, aging in place, and prevention of catheter-associated urinary tract infection Additional contemporary case studies The addition of Quality for Safety in Nursing Education (QSEN) initiatives A greater focus on prioritization and delegation of client's needs infused throughout exercises

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and civil cases heard by the highest courts in the provinces and by the Supreme Court of Canada. The extensive and detailed documentation presented here leaves no doubt that the Canadian legal system played a dominant role in creating and preserving racial discrimination. A central message of this book is that racism is deeply embedded in Canadian history despite Canada's reputation as a raceless society. Winner of the Joseph Brant Award, presented by the Ontario Historical Society

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have a significant negative impact on quality of life. Sleep changes may also serve as markers to identify patients in the preclinical stage of PD. This book presents recent major breakthroughs related to sleep disorders in PD, such as REM sleep behavior disorder (RBD), insomnia, nocturia, restless legs syndrome and periodic limb movements, sleep disordered breathing, excessive daytime sleepiness, and circadian rhythm disorders. It also discusses the epidemiology, etiology, diagnosis, clinical implications, associated features, evaluation and management of these disorders and suggests some further research directions in these areas in order to develop neuroprotective therapies for PD. Focusing on Chinese PD patients, it addresses traditional Chinese Medicine, and compares the epidemiology and management of PD in China and Western countries to provide a frame of reference values for further studies. Further, it features numerous case reports to enable readers gain a better uderstanding of the subject matter. This comprehensive yet practical book is a valuable resource for scientists and clinicians.

coronary artery disease hesi case study: Adult-Gerontology Acute Care Nurse Practitioner Q&A Review Dawn Carpenter, DNP, ACNP-BC, CCRN, 2018-11-28 Print version of the book includes free access to the app (web, iOS, and Android), which offers interactive Q&A review plus the entire text of the print book! Please note the app is included with print purchase only. The only book designed specifically to prepare students for the Adult-Gerontology Acute Care Nurse Practitioner (AG-ACNP) exams, this unparalleled review details the step-by-step journey from classroom to patient room and beyond. This book begins with proven test-taking strategies for students and provides an overview of common pitfalls for exam takers. It features question styles and content

material from both the American Association of Critical-Care Nurses (AACN®) and American Nurses Credentialing Center (ANCC) exams, providing an overview of the certification exams written specifically by the certification organizations themselves. With more than 630 unique questions, this review contains completely up-to-date and evidence-based exam preparation. Practice questions are organized into body system review, special populations, and legal/ethical issues, and culminate in a 175-question practice test that represents the length, variety, and complexity of board exam questions. All questions' answers have accompanying rationales based on clinical practice guidelines. Completely unique to this publication, the last section of Adult-Gerontology Acute Care Nurse Practitioner Q&A Review guides one through the next steps after the exam—how to progress into practice with your new certification. KEY FEATURES Over 630 practice questions with answers and rationales The only current book publication designed specifically to prepare students for the AG-ACNP exams Contains the most current information and practice using published guidelines Exam tips and perils/pitfalls to avoid in test-taking Includes free access to interactive ebook and Q&A app—track and sync your progress on up to three devices!

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This innovative interactive text explains 58 of the most common nursing concepts - including six all new concepts - that span the areas of patient physiology, patient behavior, and the professional nursing environment. Featured exemplars for each concept are also discussed to help you more easily understand the concepts and apply them to the clinical setting. In addition to more concepts and featured exemplar sections, this new second edition also boasts a more intuitive organization and review questions for both RN and LPN/LVN programs--Publisher.

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coronary artery disease hesi case study: ECG Interpretation Lippincott Williams & Wilkins, 2008 Geared to LPNs/LVNs, this quick-reference pocket book provides an easy-to-understand guide to ECG interpretation and features over 200 clearly explained ECG rhythm strips. Following a refresher on relevant cardiac anatomy, physiology, and electrophysiology, the book presents the 8-step method for reading any rhythm strip. Subsequent chapters explain various cardiac rate and rhythm abnormalities, including sinus node arrhythmias, atrial arrhythmias, junctional arrhythmias, ventricular arrhythmias, and atrioventricular blocks. Arrhythmias are covered in a consistent format—causes, significance, ECG characteristics, signs and symptoms, and interventions. Coverage also includes ECG characteristics of disorders, drugs, pacemakers, and implantable cardioverter-defibrillators and a chapter on basic 12-lead electrocardiography.

coronary artery disease hesi case study: The Burdens of Disease J. N. Hays, J. Hays, 2009-10-15 A review of the original edition of The Burdens of Disease that appeared in ISIS stated, Hays has written a remarkable book. He too has a message: That epidemics are primarily dependent on poverty and that the West has consistently refused to accept this. This revised edition confirms the book's timely value and provides a sweeping approach to the history of disease. In this updated volume, with revisions and additions to the original content, including the evolution of drug-resistant diseases and expanded coverage of HIV/AIDS, along with recent data on mortality figures and other relevant statistics, J. N. Hays chronicles perceptions and responses to plague and pestilence over two thousand years of western history. Disease is framed as a multidimensional construct, situated at the intersection of history, politics, culture, and medicine, and rooted in mentalities and social relations as much as in biological conditions of pathology. This revised edition of The Burdens of Disease also studies the victims of epidemics, paying close attention to the relationships among poverty, power, and disease.

coronary artery disease hesi case study: The End of Normal Lennard Davis, 2014-01-03 In an era when human lives are increasingly measured and weighed in relation to the medical and scientific, notions of what is "normal" have changed drastically. While it is no longer useful to think of a person's particular race, gender, sexual orientation, or choice as "normal," the concept continues to haunt us in other ways. In The End of Normal, Lennard J. Davis explores changing perceptions of body and mind in social, cultural, and political life as the twenty-first century unfolds. The book's provocative essays mine the worlds of advertising, film, literature, and the visual arts as they consider issues of disability, depression, physician-assisted suicide, medical diagnosis, transgender, and other identities. Using contemporary discussions of biopower and biopolitics, Davis focuses on social and cultural production—particularly on issues around the different body and

mind. The End of Normal seeks an analysis that works comfortably in the intersection between science, medicine, technology, and culture, and will appeal to those interested in cultural studies, bodily practices, disability, science and medical studies, feminist materialism, psychiatry, and psychology.

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coronary artery disease hesi case study: Childhood Cancer Survivors Nancy Keene, Wendy Hobbie, Kathy Ruccione, 2014-03-01 More than 325,000 children, teens, and adults in the United States are survivors of childhood cancer. The surgery, radiation, chemotherapy, and stem cell transplants used to cure children can affect growing bodies and developing minds. If survivors know of these potential problems, they can take steps to identify, cope with, or treat them early if they do develop. The third edition of Childhood Cancer Survivors charts the territory for survivors by providing state-of-the-art information about: Medical late effects from treatment Emotional aspects of surviving cancer Schedules for follow-up care Challenges in the heath-care system Lifestyle choices to maximize health Discrimination in employment or insurance Woven throughout the text are stories from more than 100 survivors and parents. Authors Keene, Hobbie, and Ruccione are experts in the field of childhood cancer. Keene is the mother of a survivor of childhood leukemia and the author of several books including Childhood Leukemia, Childhood Cancer, Educating the Child with Cancer, and Chemo, Craziness & Comfort. Hobbie is Associate Director of the Cancer Survivorship Program at Children's Hospital of Philadelphia. Ruccione is Co-Director of the HOPE (Hematology-Oncology Psychosocial and Education) Program in the Children's Center for Cancer and Blood Diseases at Children's Hospital Los Angeles.

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