

**CARDIOVASCULAR (ARTERIES AND VEINS)  
TRAINEE HANDOUT**

**Table of Contents**

Objectives ..... 2  
References ..... 3  
Practical Exercise: Cardiovascular Matching Game..... 4

## **OBJECTIVES**

The RVSR will be able to:

- Identify disabilities commonly evaluated under 38 CFR 4.104 for arteries and veins.
- Correctly identify special considerations for conditions under 38 CFR 4.104.
- Evaluate an e-case of the arteries and veins, with focus on hypertension, varicose veins, peripheral vascular disease and/or cold injuries.

## REFERENCES

- 38 CFR §3.50 Special Monthly Compensation
- 38 CFR §3.309 (c) Presumptive for Special Monthly Compensation
- 38 CFR §4.104 Schedule of Ratings—Cardiovascular system
- M21-1, Part III, Subpart iv, Chapter 4, Section G Cardiovascular System Conditions (to include Cold Injuries)
- M21-1, Part III, Subpart iv, Chapter 6, Section B.5 Other Issues to Consider When Evaluating Evidence

## PRACTICAL EXERCISE: CARDIOVASCULAR MATCHING GAME

Directions: For each condition on the left below, enter the number of the matching definition on the right.

- |                  |       |   |
|------------------|-------|---|
| Sphygmomanometer | _____ |   |
| Ischemia         | _____ | 1. Ratio of blood pressure in the lower legs to the blood pressure in the arms  |
| Angina           | _____ | 2. Shortness of breath  |
| Syncope          | _____ | 3. Common hypertensive medication   |
| Edema            | _____ | 4. Extra heart sounds that are produced as a result of turbulent blood flow that is sufficient to produce audible noise                   |
| AICD             | _____ | 5. Increase in size   |
| Dyspnea          | _____ | 6. Hydrochlorothiazide – hypertensive medication  |
| Hypertrophy      | _____ | 7. Inadequate circulation   |
| Murmurs          | _____ | 8. Aspirin, ibuprophen, advil, tylenol, naproxen, etodolac, diclofenac  |
| MI               | _____ | 9. Blue coloration of the skin and mucous membranes due to the presence of deoxygenated hemoglobin in blood vessels near the skin surface |
| Cyanosis         | _____ | 10. Deformity of the fingers and fingernails associated with a number of heart and lung diseases  |
| Claudication     | _____ | 11. Abnormal accumulation of fluid beneath the skin   |
| Clubbing         | _____ | 12. Energy cost of standing quietly at rest   |
| METs             | _____ | 13. Chest pain  |
| Aneurysm         | _____ | 14. Transient loss of consciousness; fainting   |
| ABI              | _____ | 15. Medication to treat angina  |
| HCTZ             | _____ | 16. Painful, aching, cramping, or tired feeling in leg muscles during physical activity resulting from inadequate blood supply            |
| Nitroglycerin    | _____ | 17. Interruption of blood supply causing death of heart cells (heart attack)  |
| Lisinopril       | _____ | 18. Device used for measuring arterial blood pressure   |
| NSAIDs           | _____ | 19. Medical device which uses electrical impulses to regulate the beating of the heart  |
|                  |       | 20. Localized, blood-filled dilation (balloon-like bulge) of a blood vessel   |