Cerebrovascular Accident (CVA) Analysis

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NR283: Pathophysiology

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Cerebrovascular Accident (CVA) Analysis

A cerebrovascular accident (CVA), commonly known as a stroke, is one of the leading causes of disability and death worldwide. It happens when the brain's blood supply is interrupted, leading to brain cell damage and loss of function. Strokes are mainly classified as ischemic, caused by a blockage, or hemorrhagic, caused by bleeding in the brain. According to the Centers for Disease Control and Prevention (CDC, 2023), strokes are the fifth leading cause of death in the U.S., affecting nearly 795,000 people annually. The increasing global prevalence of strokes, especially in lower-income regions, highlights the need for greater awareness and prevention efforts (Feigin et al., 2021).

This paper will dive into the causes and risk factors of CVA, breaking down both the controllable and uncontrollable elements that contribute to its development. It will also explore the physiological changes that occur during a stroke, how these changes present as symptoms, and the potential complications. Diagnostic methods will be discussed to highlight how healthcare professionals identify and confirm stroke cases. Additionally, real-life perspectives will be included through patient interviews, offering insight into the impact of strokes on individuals and their families. Lastly, the paper will emphasize the importance of prevention, early detection, and comprehensive care for improving patient outcomes.

Etiology and Risk Factors

The causes of a cerebrovascular accident (CVA) can be broadly categorized into ischemic and hemorrhagic origins. Ischemic strokes occur due to a blockage in the blood vessels supplying the brain, often caused by atherosclerosis or an embolism. Hemorrhagic strokes, on the other hand, result from the rupture of a weakened blood vessel, that can be caused by long-term