

The Heart, Lung, Brain, and Spinal Cord

Spring 2026

Instructor: Carolyn Yucha, RN, PhD
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Day and Time: Thursday, 9:00 am -10:30 am at **Cactus Valley Retirement Resort**

Dr. Yucha is both a registered nurse and a physiologist. She has taught numerous courses in Nursing Schools in Anatomy, Physiology, and Pathophysiology. She has served as Editor of *Biological Research for Nursing*, a peer-reviewed scientific journal, for the past 25 years. Dr. Yucha was Dean of the School of Nursing at UNLV from 2004-2017. She hopes to share her enthusiasm for the relationships between structure and function in our extraordinary human bodies to better understand the changes we experience as we age.

Course Description: In this course, we will study the anatomy and physiology of the cardiovascular, respiratory, and nervous systems. As we better understand how these systems work in the healthy body, we are better able to understand disease / injury processes and their effects. The final class of the course will be a review and address topics requested by the students.

Please note that the schedule may be revised to better meet student requests.

Schedule

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| Class 1 | Introduction & Overview
The Mechanical Heart
Angina, Heart Attack, Congestive Heart Failure |
| Class 2 | The Electrical Heart
Cardiac Arrhythmias
Pacemakers, Resuscitation, Transplant |
| Class 3 | The Circulatory System
Blood Pressure / Hypertension
Capillary Exchange
Lymphatic System
Blood |
| Class 4 | The Respiratory System
Diagnostic Tests
Lung Cancer
Chronic Lung Diseases: Asthma, Bronchitis, Emphysema |

- Class 5 The Brain
 Cranial Nerves

- Class 6 Diseases of the Brain
 Dementia
 Alzheimer's Disease
 Parkinson's Disease
 Cerebrovascular Accident (Stroke)

- Class 7 The Spinal Cord
 Autonomic Nervous System
 Pain
 Sciatic Pain
 Spinal cord injury

- Class 8 Special Senses: Hearing, Balance, Vision, Taste, & Smell

- Class 9 Promoting your Health
 Self-Management

- Class 10 Stress
 Shock
 Other Topics Suggested By Students