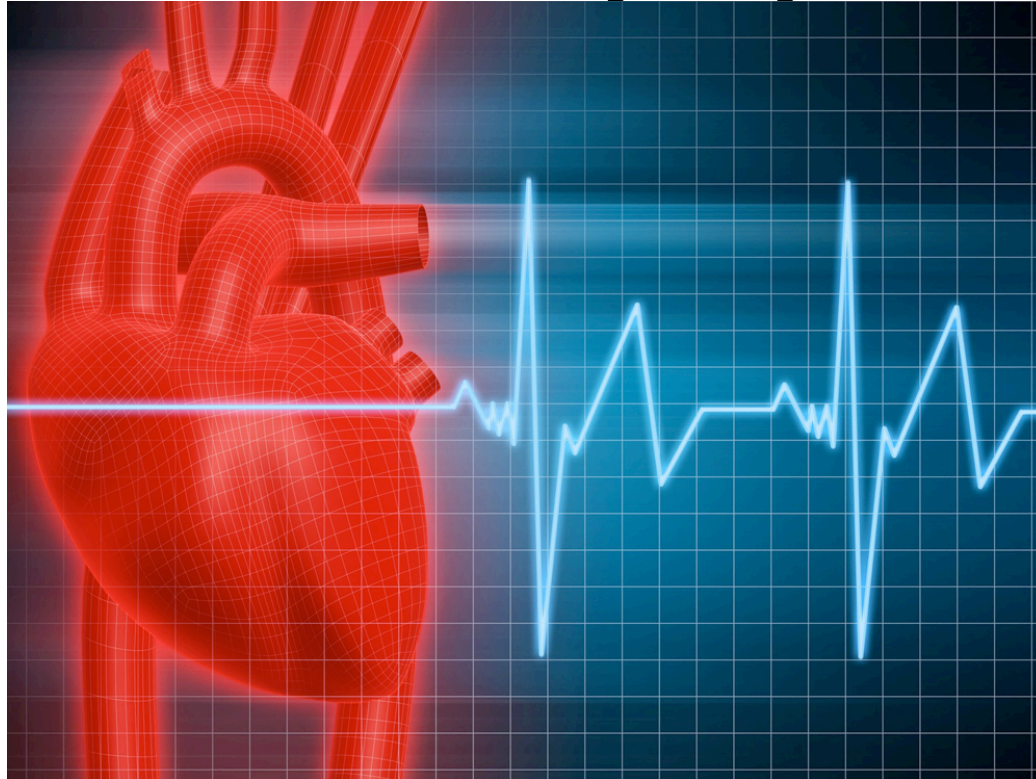


Acute Coronary Syndrome



St Joseph's Hospital
2011

Objectives:

- Recognize the typical and atypical signs and symptoms of Acute Coronary Syndrome (ACS)
- Recognize gender and age differences of ACS
- Recognize the risk factors of ACS
- Understand early heart attack care
- Know how to respond if someone develops signs and symptoms of ACS

What is Acute Coronary Syndrome (ACS)?

- Acute coronary syndrome is a broad term used for any condition brought on by sudden, reduced blood flow to the heart.
- Acute coronary syndrome can explain chest pain you feel during a heart attack, or chest pain you feel while you're at rest or doing light physical activity (unstable angina)..

Signs and Symptoms Typical

- Squeezing chest pain or pressure
- Jaw pain
- Shortness of breath
- Sweating
- Nausea
- Lightheadedness
- Palpitations
- Pain/numbness radiating to the left arm/shoulder



Signs and Symptoms

Atypical

- Dizziness
- Weakness
- Back pain
- Neck pain
- Shoulder pain
- Abdominal pain



Signs and Symptoms Women

- Shortness of breath
- Unexplained weakness or fatigue
- Indigestion/nausea
- Palpitations
- Pain in back of left side of chest
- May report as “numb, burning or stabbing”
- Numbness in hands
- Sleep disturbances
- Anxiety
- Lethargy



Signs and Symptoms Diabetics

- Atypical symptoms or no chest pain
- Unexplained shortness of breath
- Nausea
- Weakness
- Sweating



Signs and Symptoms Elderly

- Chest Pain
- Unexplained shortness of breath
- Fainting or nearly fainting
- Unexplained confusion
- Mental status changes



Risk Factors



Risk Factors

Things we cannot control

- Age
- Gender
- Family History
- Race
- Prior stroke

Things we can control

- Smoking
- Diabetes
- High blood pressure
- Elevated cholesterol
- Obesity
- Lack of exercise
- Stress

Quit Smoking



- Quitting smoking is sometimes the hardest lifestyle change to make.
- There are many resources to help people quit but you have to be an active, willing participant.
- Some resources to help you quit include:
 - Arizona Smoker's Helpline 800-55-66-222 or via web: www.Ashline.org
 - Maricopa County Tobacco Use Prevention Program: 602-372-7272
 - American Lung Association: 602-258-7505
 - SJH Employee Health (offers free quit smoking aides)

What is Early Heart Attack Care?

- Early Heart Attack Care or EHAC is an effort to educate the public about the warning signs of a heart attack
- Prompt recognition of these early warning signs can prevent a major cardiac event from occurring by teaching people to seek treatment as soon as they experience the symptoms.

Heart Attack Recognition

- Many people with heart attacks are not getting the care that they need and require for their cardiac event.
- Why?? Many people delay seeking treatment when their symptoms begin, or don't recognize the symptoms.



Why Do People Delay?

- They don't take their symptoms seriously
- They “don't have time to be sick”
- They are embarrassed or “don't want to bother anyone”
- They brush it off as heartburn and take medicine
- They feel too healthy and strong to be sick
- They wait for the symptoms to go away

What Should You Do?

If you encounter someone who has any of the early symptoms of a heart attack...

- Ø Suggest they seek treatment
- Ø Call 9-1-1
- Ø Call family members to help
- Ø Be persistent and patient and continue to encourage them to seek treatment
- Ø If all else fails, take charge and get them to medical treatment



EARLY Heart Attack care is...

- q Listening to your heart and recognizing the symptoms
- q Calling 9-1-1 for early, immediate treatment



EHAC is knowing the subtle signs and acting on them before irreversible damage occurs.

If a patient in the hospital develops the signs
and symptoms associated with Acute
Coronary Syndrome...

Immediately notify the nurse or
call RRT (Rapid Response
Team) for assistance by dialing
67929

If a visitor or an employee develops chest pain or signs of ACS...

- Take them immediately to the **Emergency Department** (by wheelchair – do NOT let them walk)



- If they are having severe pain or unable to be taken to the Emergency Department, call the HURT Team by dialing **62923**

Remember...

Always get help immediately because
TIME IS HEART MUSCLE

~

**For more information about your heart or
other health topics, visit
www.stjosephs-phx.org**

Acknowledgment

After viewing the Acute Coronary Syndrome presentation:

- I can recognize the typical and atypical signs and symptoms of Acute Coronary Syndrome (ACS)
- I can recognize gender and age differences of ACS
- I can recognize the risk factors of ACS
- I understand the importance of early heart attack care
- I know how to respond if someone develops signs and symptoms of ACS

Signed: _____ Date: _____
