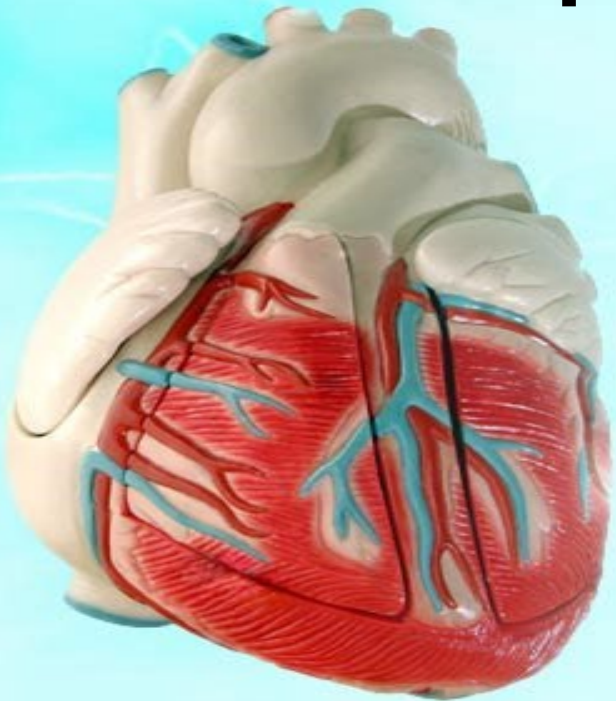


Heart Attack Recognition and ACS



Reviewed November 2024
Content Owner: Heather Eckart
Heather.eckart@stelizabeth.com

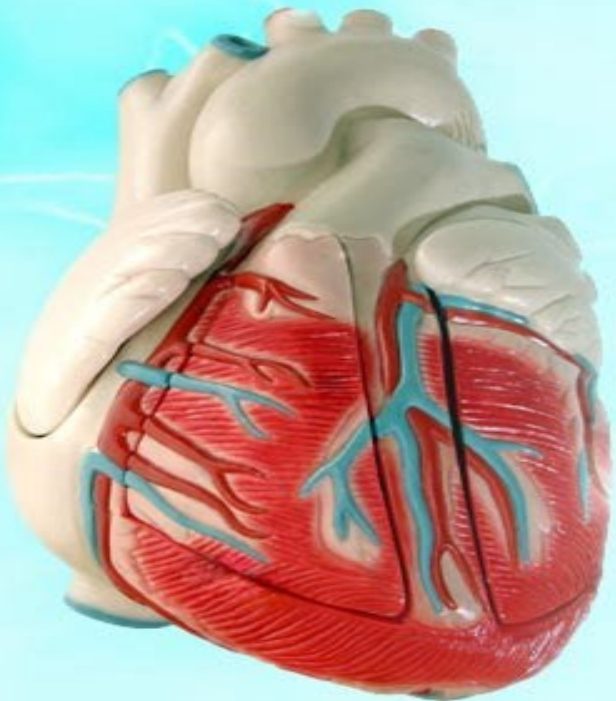
Course Information

- **Target Audience:** SEH Volunteers
- This CBL includes **18** content slides.
- You *must* review each slide for completion credit.
- This module includes **1** assessment.
- Final assessment requires **passing score of 80%**. You have **unlimited** attempts.
- **Technical issues?** Contact the helpdesk at **(859) 301-2541** or SDExpress.Helpdesk@stelizabeth.com
- **Content questions?** Contact Heather.Eckart@stelizabeth.com.
- **Shared computer?** Clear history and cookies (via browser settings). *Not doing so could impact CBL completion on transcript.*

Purpose and Objectives

The purpose of this CBL is to implement an educational program regarding **Acute Coronary Syndrome (ACS)**.

- ❖ Identify signs and symptoms of Acute Coronary Syndrome including early heart attack care
- ❖ Understand the importance of rapid recognition and treatment of Acute Coronary Syndrome
- ❖ Describe risk factors and prevention of Acute Coronary Syndrome

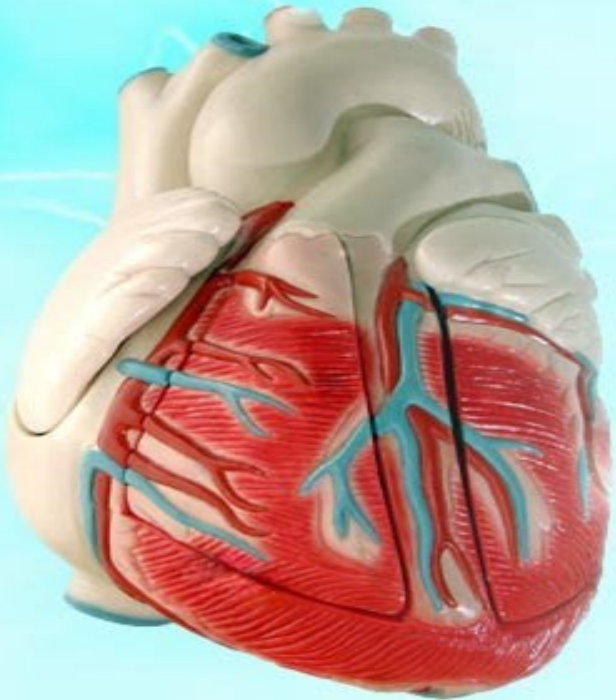


What is Acute Coronary Syndrome (ACS)?

Acute Coronary Syndrome is an occlusion of one or more of the coronary arteries, resulting in decreased oxygen supply to the heart muscle.

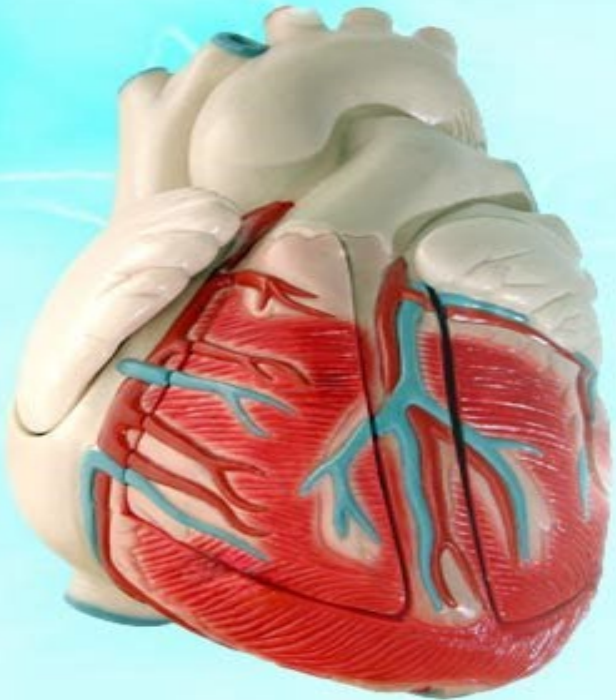
Causes:

- ❖ Coronary artery narrowing due to plaque or thrombus
- ❖ Obstruction caused by a spasm
- ❖ Inflammation related to infection
- ❖ Other factors such as hypotension or anemia



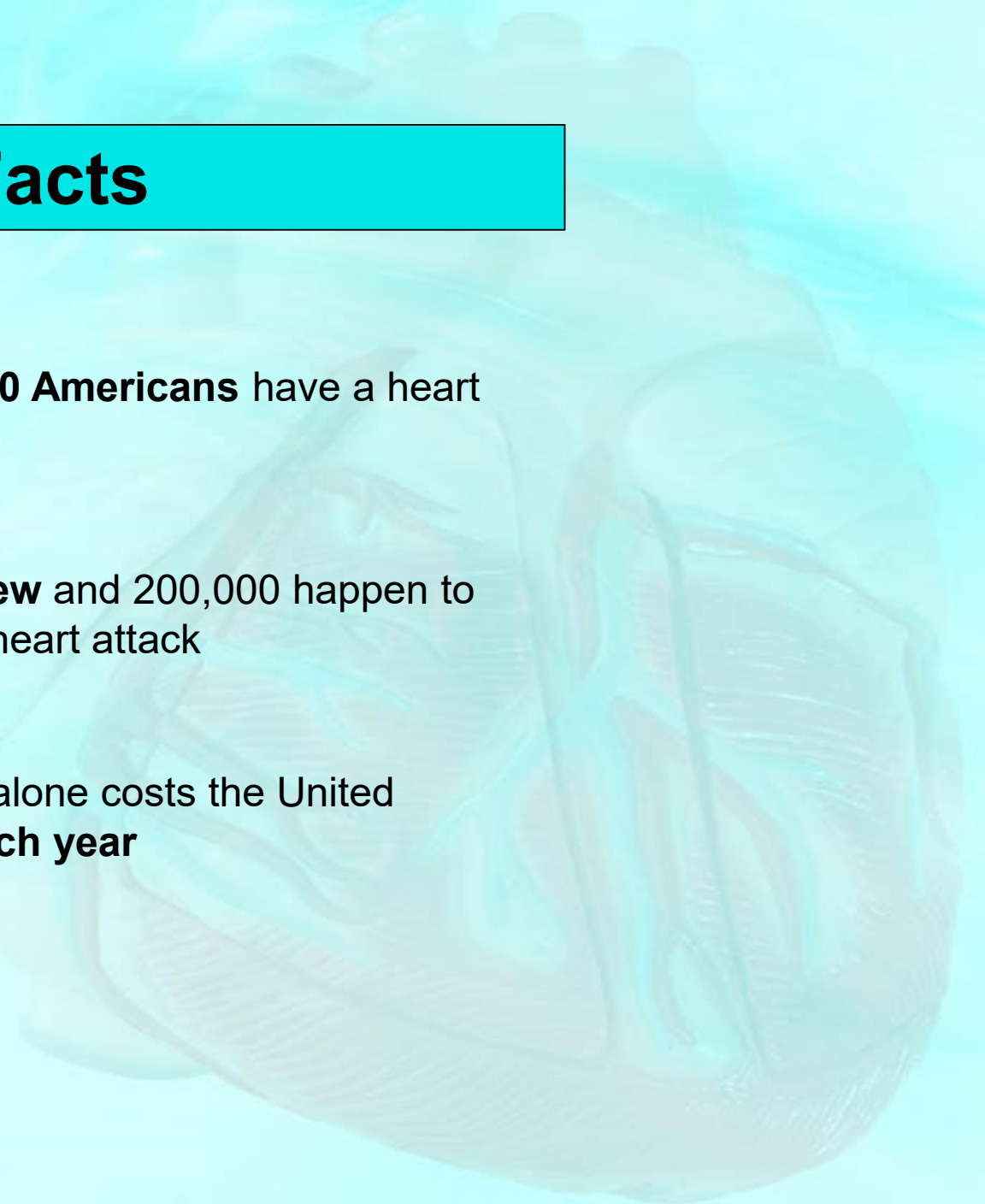
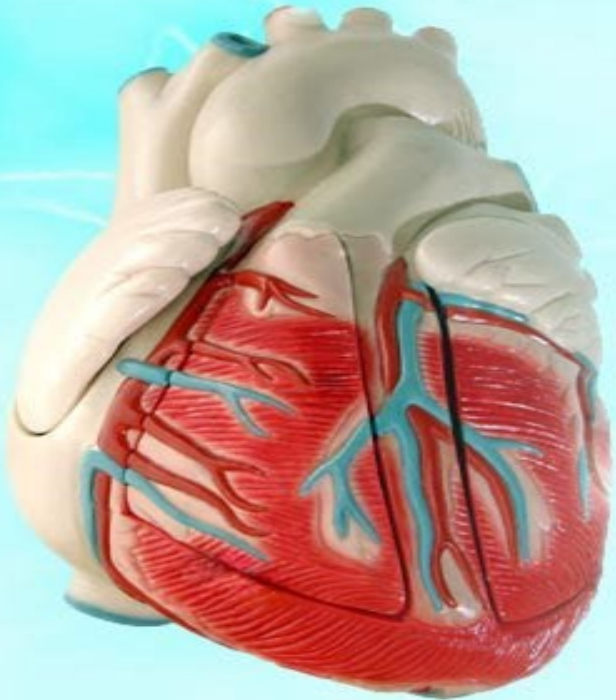
What is the impact of ACS?

- ❖ Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.
- ❖ 702,880 people die of heart disease in the United States every year - that's **1 in every 5 deaths**
- ❖ **One person dies every 33 seconds** in the United States from cardiovascular disease.



ACS Facts

- ❖ Every year about **805,000 Americans** have a heart attack
- ❖ Of these, **605,000 are new** and 200,000 happen to people who have had a heart attack
- ❖ Coronary heart disease alone costs the United States **\$252.2 billion each year**



Acute Coronary Syndrome is a “Medical Emergency”

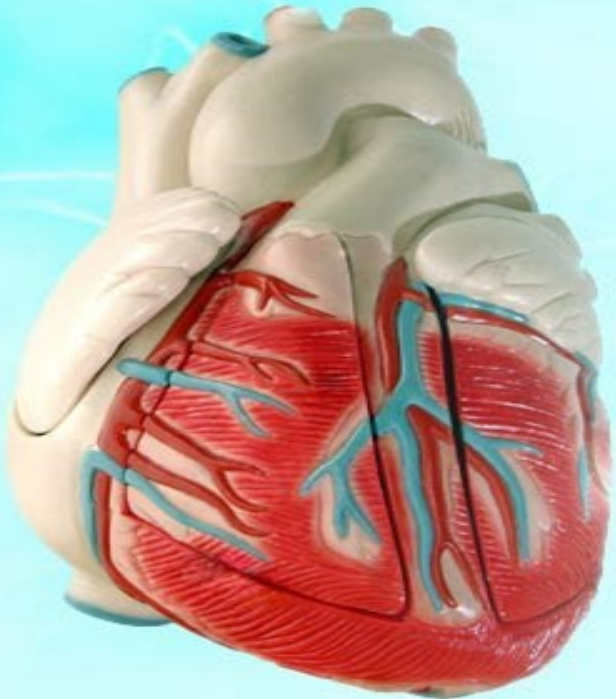
If you notice one or more of the warning signs for ACS,
GET HELP IMMEDIATELY!

Call **9-1-1**

or

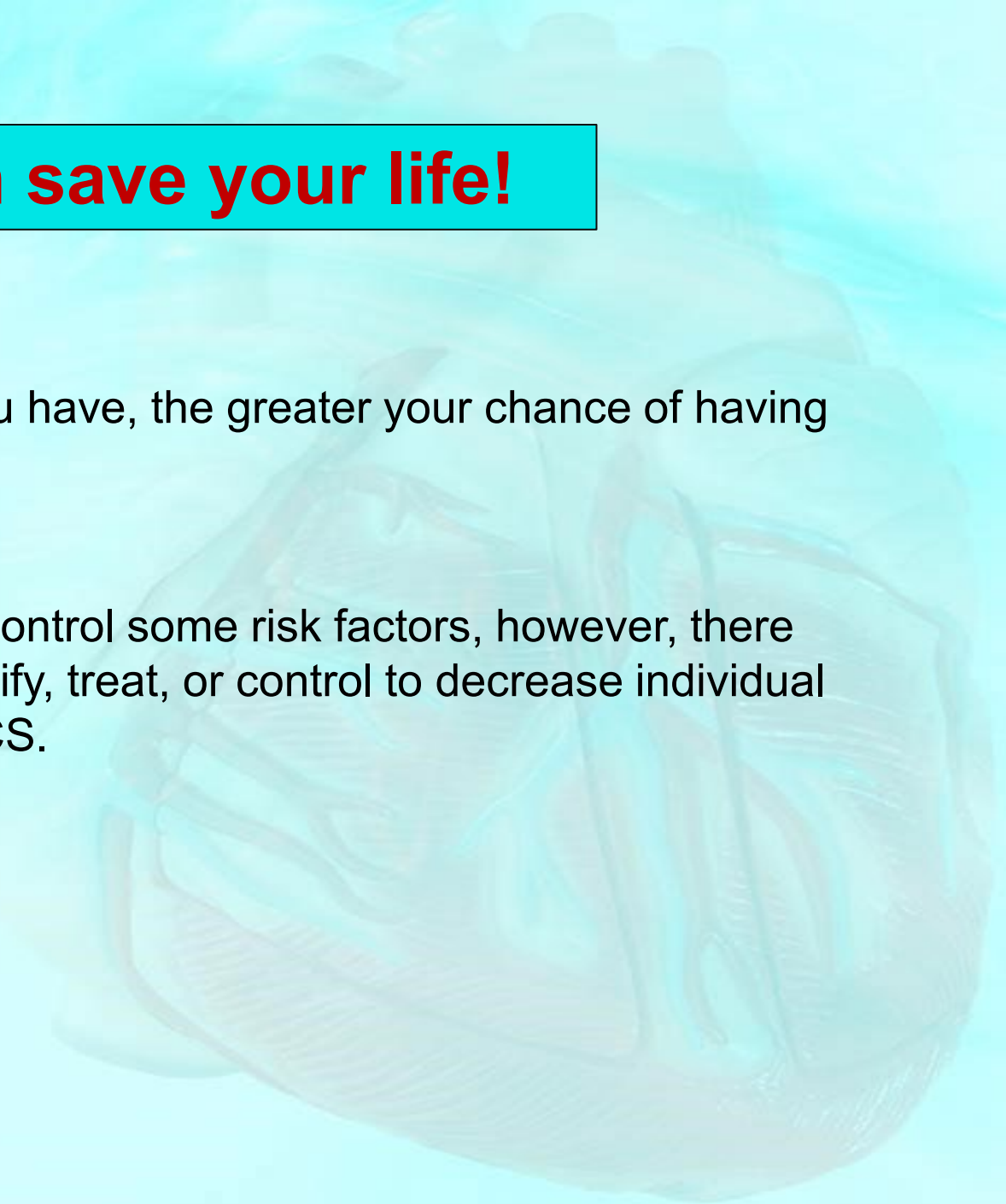
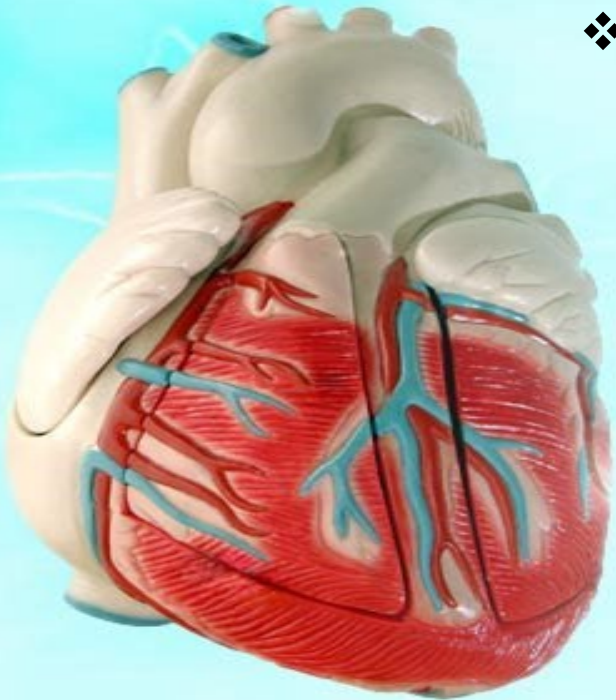
At St. Elizabeth Covington, Dearborn, Edgewood,
Florence, Ft. Thomas, and Grant County:

Call **2-2222**



Prevention can save your life!

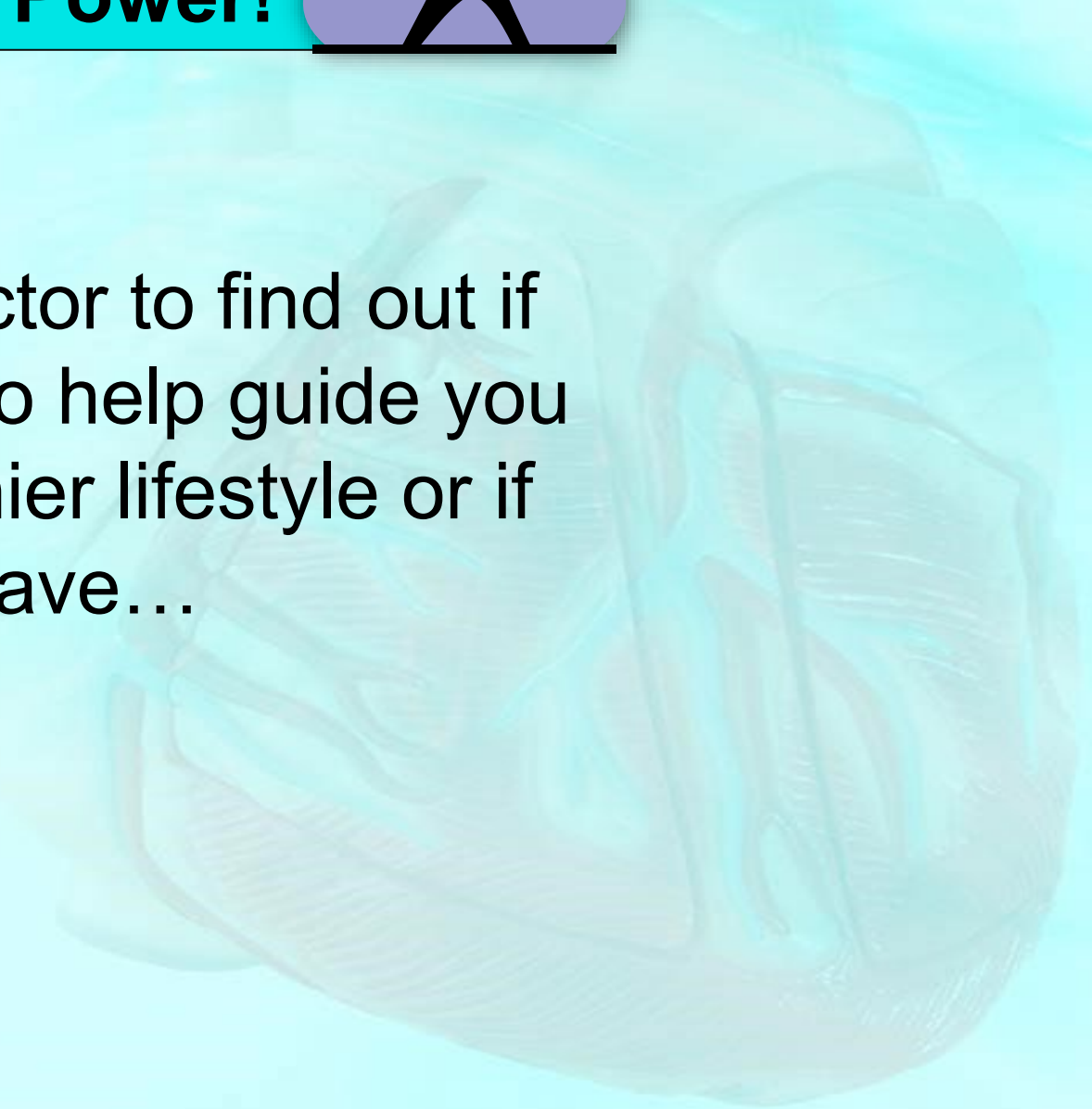
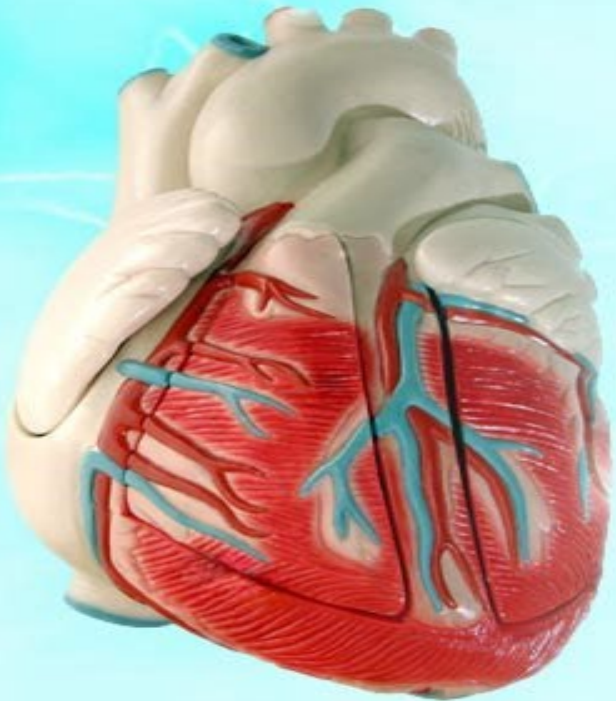
- ❖ The more risk factors you have, the greater your chance of having ACS event.
- ❖ You may not be able to control some risk factors, however, there are several you can modify, treat, or control to decrease individual chances of having an ACS.



Knowledge is Power!

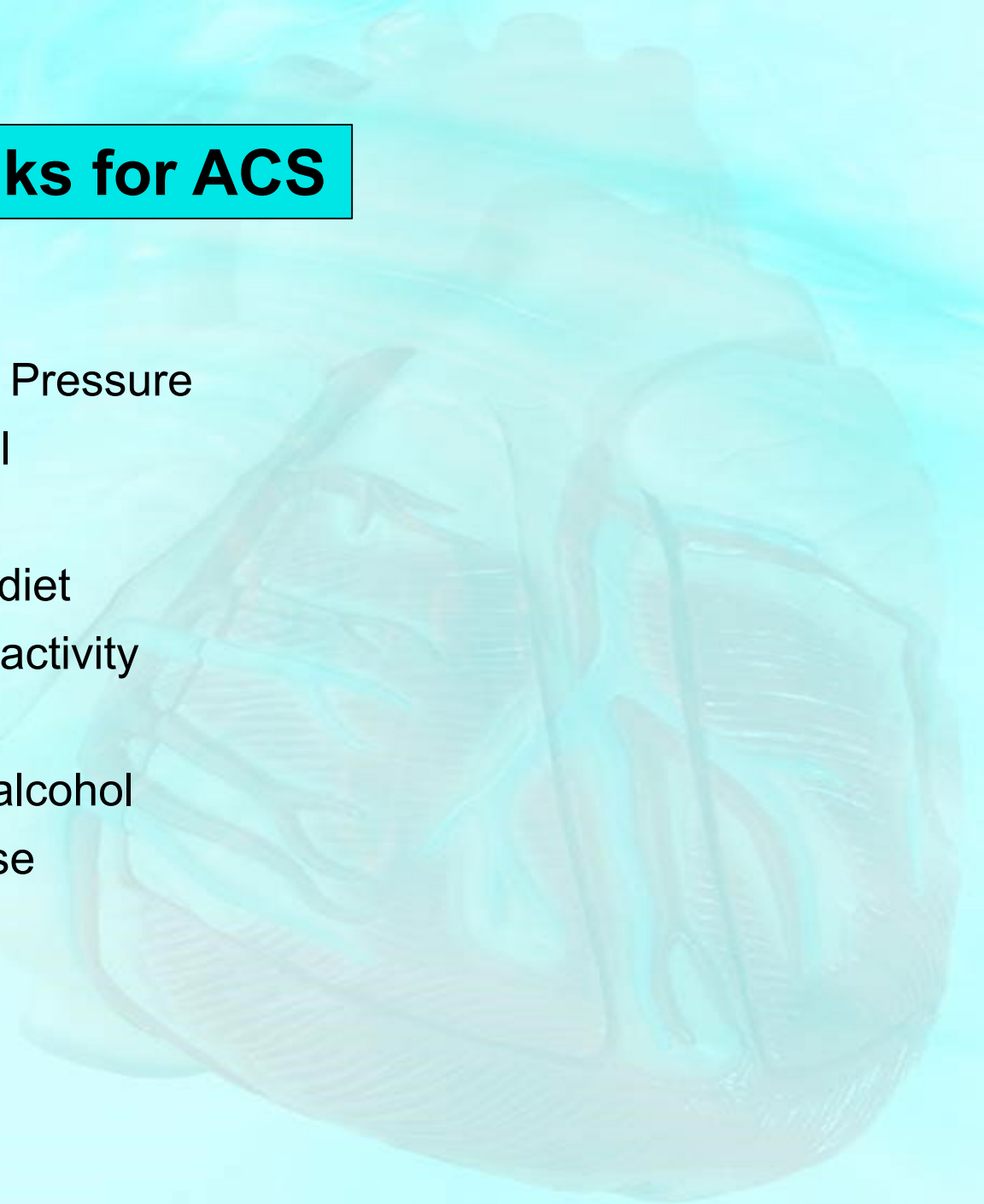
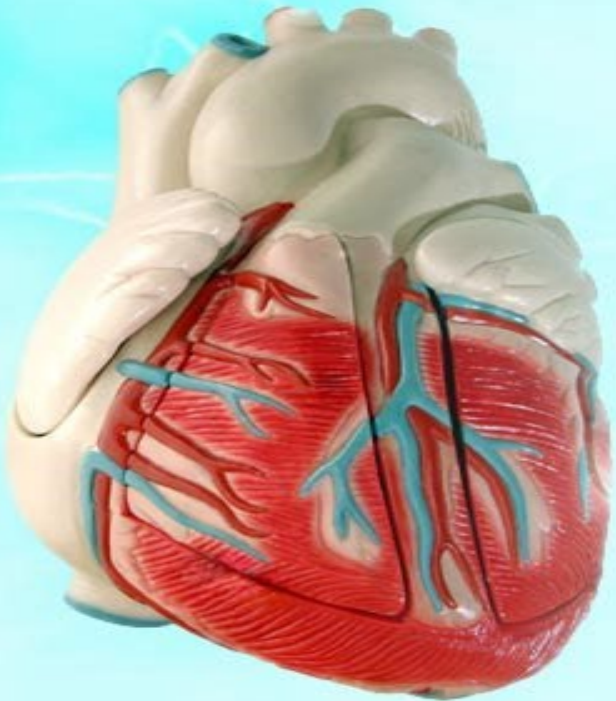


Talk to your doctor to find out if there are ways to help guide you to lead a healthier lifestyle or if you have...



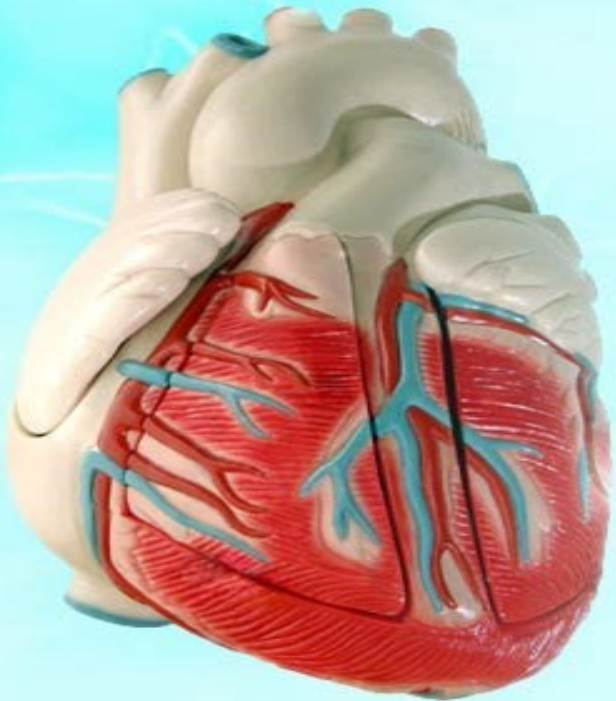
Increased risks for ACS

- ❖ High blood Pressure
- ❖ Cholesterol
- ❖ Diabetes
- ❖ Unhealthy diet
- ❖ Physical Inactivity
- ❖ Obesity
- ❖ Too much alcohol
- ❖ Tobacco use



ACS Risk Factors that can be CHANGED!

- ❖ Stop Smoking
- ❖ Decrease high blood pressure
- ❖ Decrease high cholesterol
- ❖ Lose weight
- ❖ Comply with diabetes treatment
- ❖ Decrease stress
- ❖ Increase exercise
- ❖ Eat a healthier diet



PREVENTION, PREVENTION!!

ACS Risk Factors that Cannot be Changed

Age

- Men **greater** than **45** yrs. old
- Women **greater** than **55** yrs. old

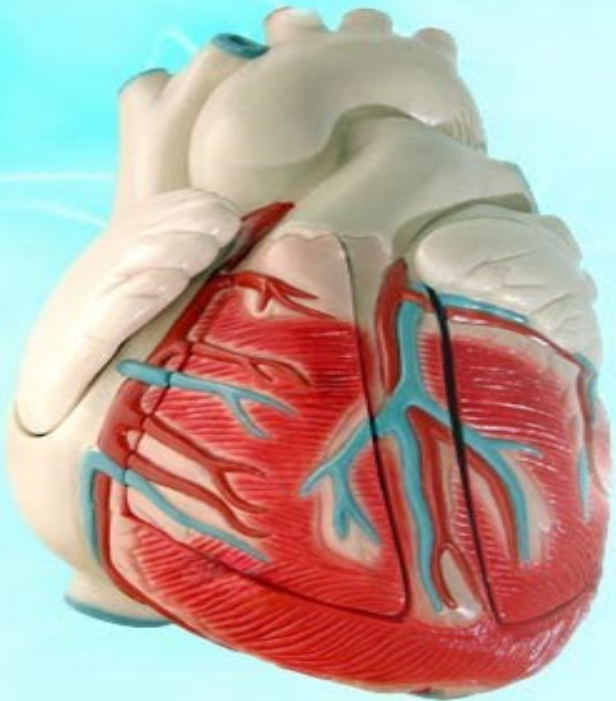
Sex

- Men greater than women and less than 75 yrs. old
- Women greater than men and greater than 75 yrs. old

Family History

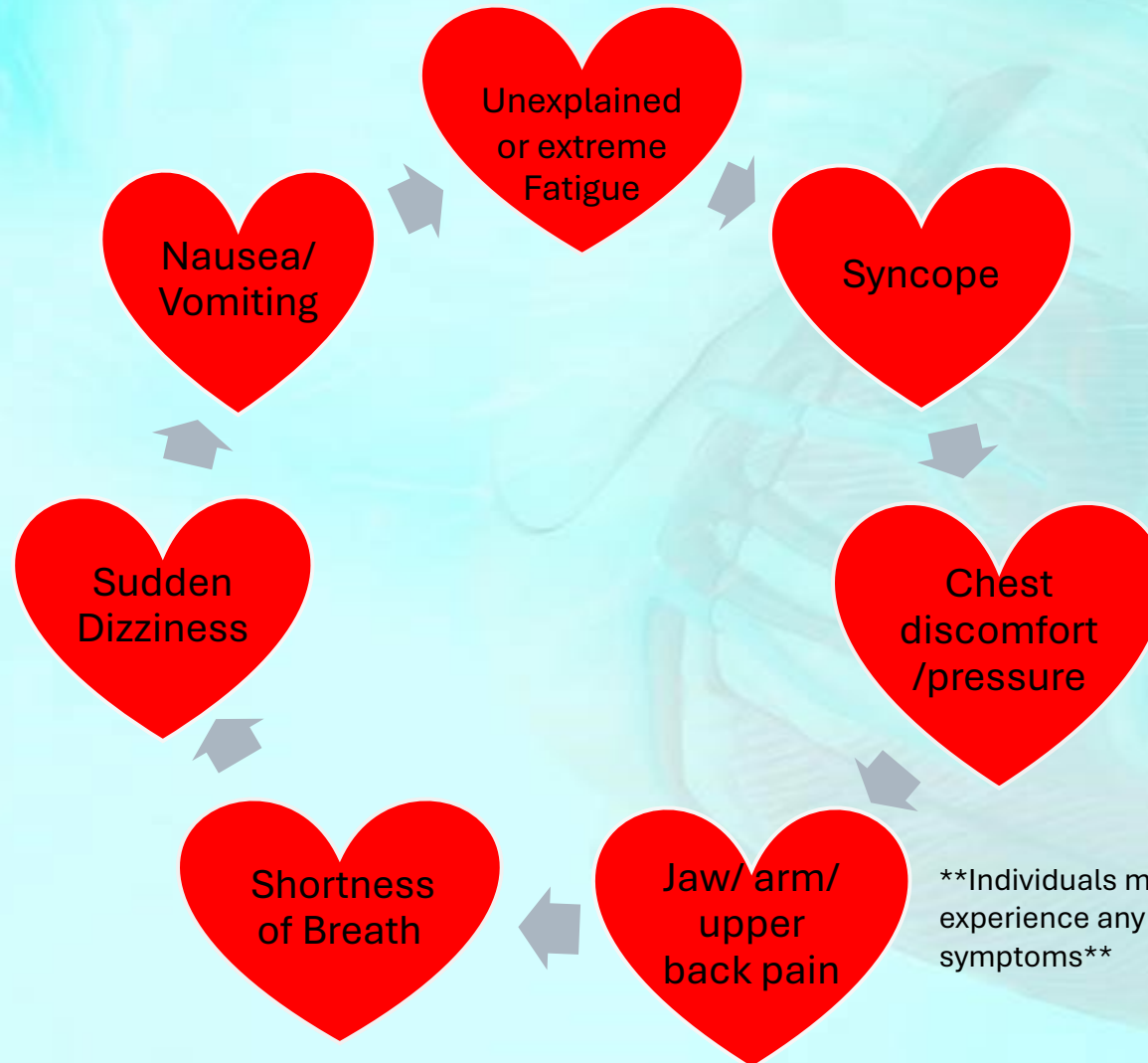
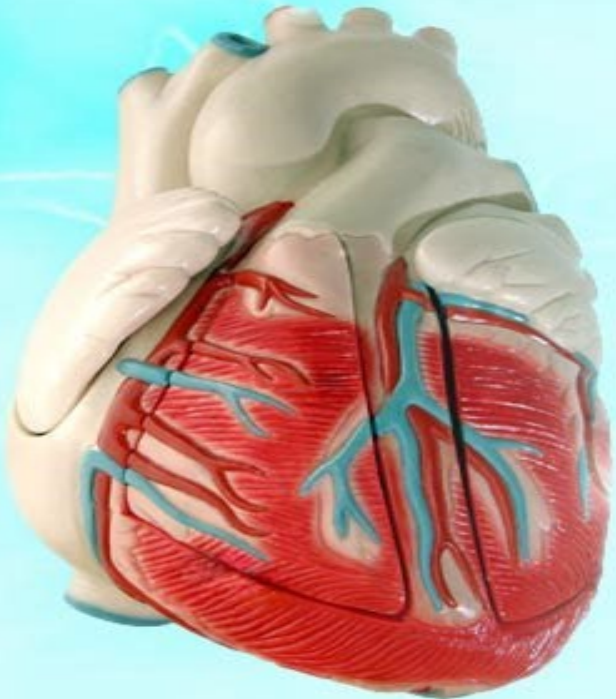
Ethnicity or Race

- Example:
 - ❖ African Americans are at higher risk than Caucasians
 - ❖ Caucasians are at higher risk than Asians



Women may have different signs and symptoms of chest pain than men!

Women's symptoms may be more subtle than men's and may include some that are less common



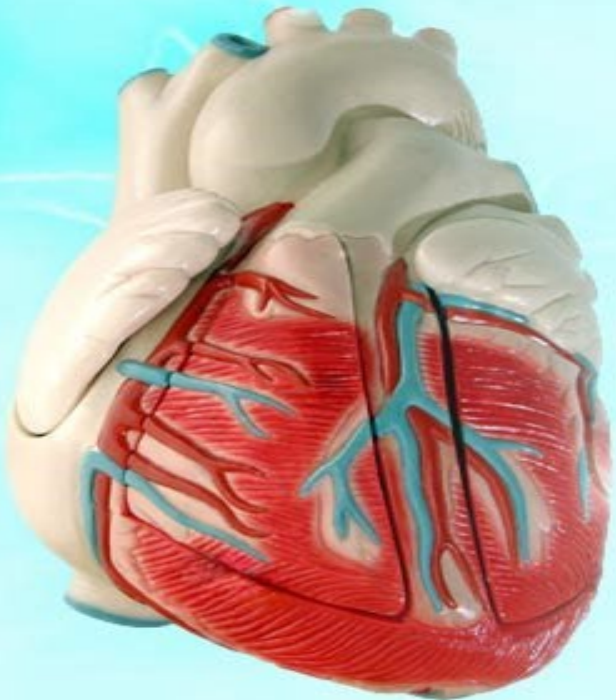
Individuals may or may not experience any or all of these symptoms

Acute Coronary Syndrome is a “Medical Emergency”

FIRST RESPONDERS

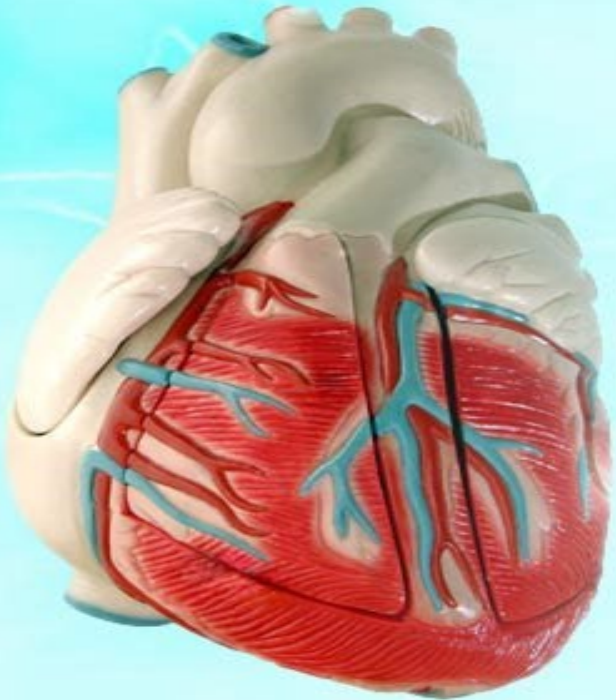
- ❖ For patients “In House”, this is YOU!!
- ❖ It is your duty to recognize the symptoms of ACS and act upon it.
- ❖ You are the first link in initiating the system.
- ❖ Call a **Code Chest Pain**:
 - ✓ St. Elizabeth Covington, Dearborn, Edgewood, Florence, Ft. Thomas, or Grant County: **Dial 2-2222**

“Extraordinary Heart Care”



Call a Code Chest Pain

- ❖ The **Rapid Response Team** will arrive and assess the patient along with the bedside nurse (history, pain, and vital signs).
- ❖ If appropriate, a 12 lead EKG will be ordered per protocol, co-sign required.
- ❖ Notify the physician regarding patient's condition and obtain appropriate orders.
- ❖ ACS patients may need to be transferred to a higher level of care.



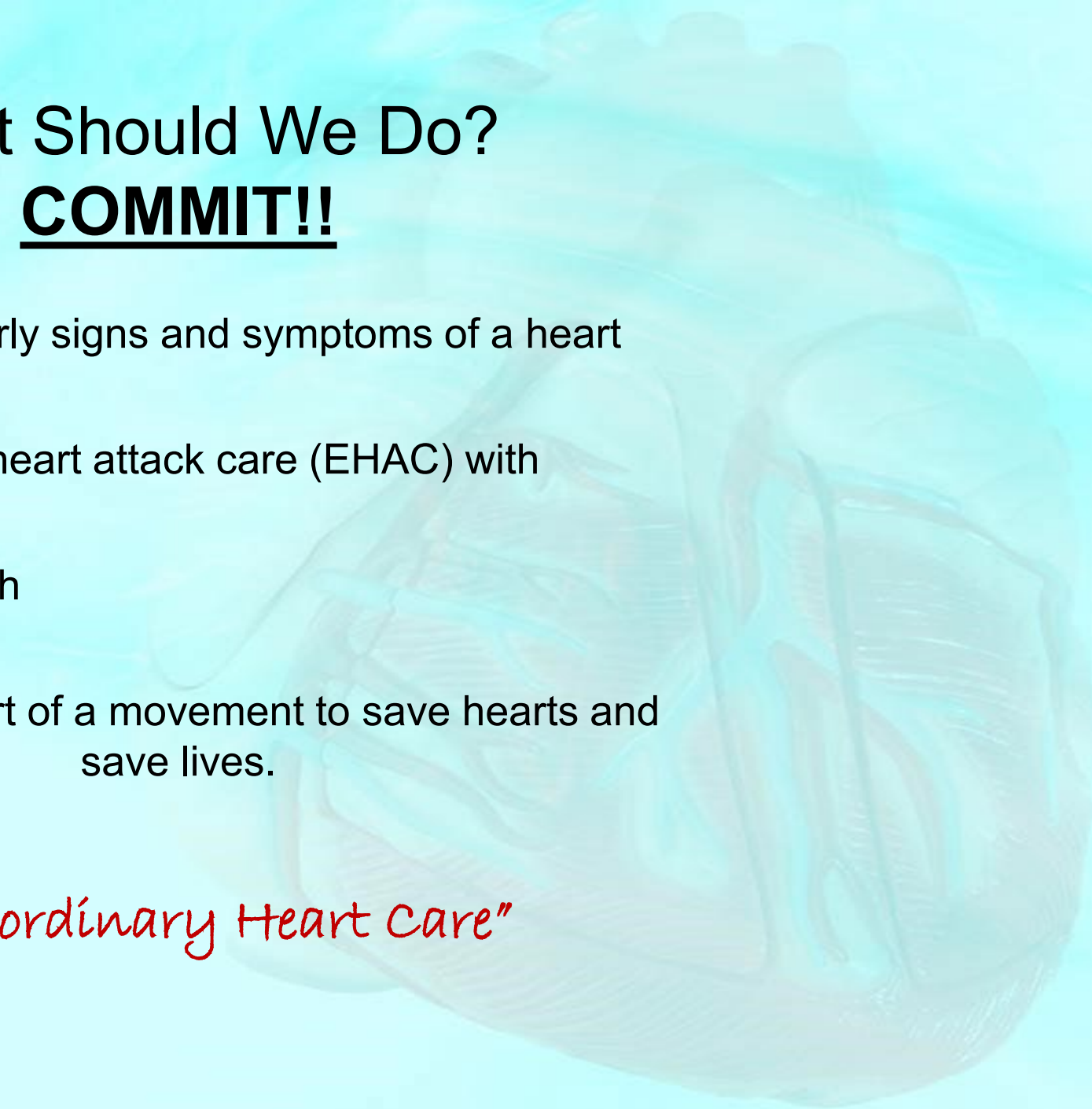
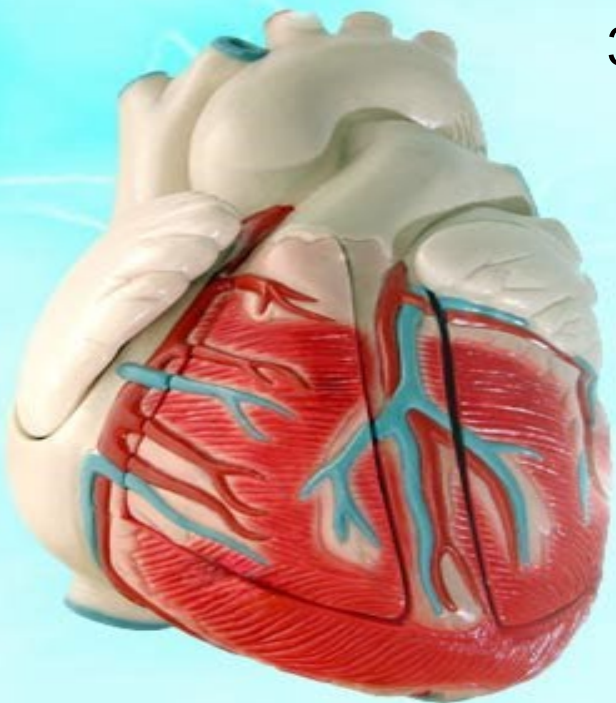
What Should We Do?

COMMIT!!

1. Learn the early signs and symptoms of a heart attack.
2. Share early heart attack care (EHAC) with others.
3. Take the Oath

Pledge to be part of a movement to save hearts and save lives.

"Extraordinary Heart Care"





Learn to Recognize ACS

ACS is a medical emergency!

If you notice one or more of the warning signs for ACS,

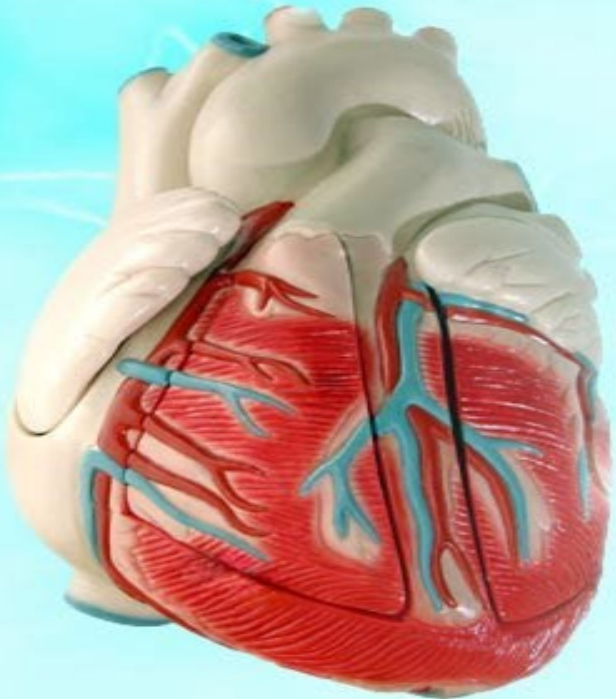
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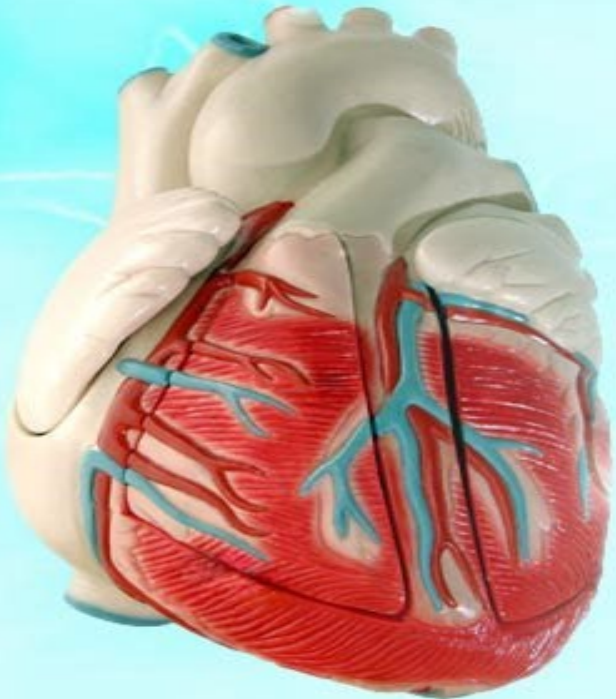
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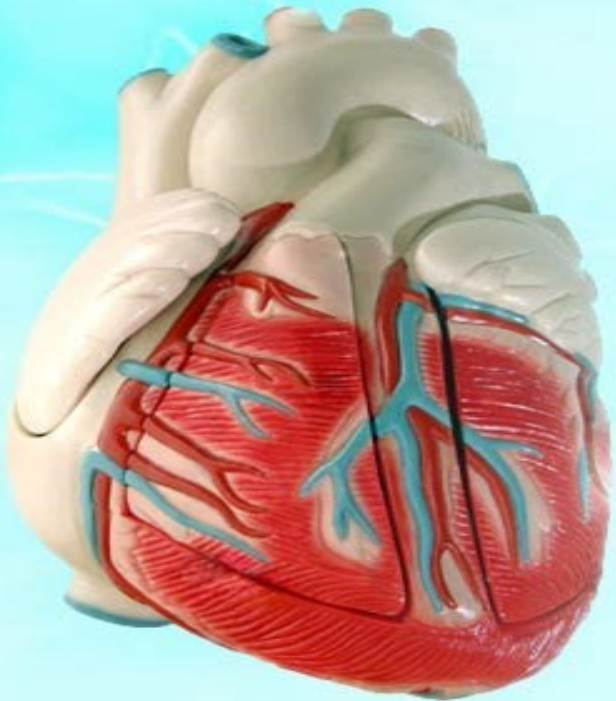
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- <https://www.cdc.gov/heartdisease/facts.htm>
- [Heart Disease Facts | Heart Disease | CDC](#)



Review

1. If you observe a patient with the signs and symptoms of ACS (Acute Coronary Syndrome) at Covington, Dearborn, Edgewood, Florence, Ft. Thomas, or Grant call 2-2222.
A. True B. False
2. Which of the following is NOT a risk factor for ACS (Acute Coronary Syndrome)?
A. High blood pressure
B. Smoking
C. Obesity
D. Left sided weakness
3. I have reviewed the ACS (Acute Coronary Syndrome) CBL and understand I'm responsible for knowing the material outlined.
A. True B. False



Review

4. Acute Coronary Syndrome is an occlusion of one or more of the coronary arteries, resulting in decreased oxygen supply to the heart muscle.
 - A. True
 - B. False
5. Which of the following are ACS risk factors that can be CHANGED?
 - A. Stop Smoking
 - B. Age
 - C. Eat a Healthier Diet
 - D. Decrease High Blood Pressure
 - E. Decrease Stress
 - F. Family History
 - G. Lose Weight
 - H. Ethnicity or Race

