

My Heart Your Heart Symposium

Presenter:

Md Khairulamin AS

Nursing Lecturer

PAPRSB Institute of

Health Sciences UBD

Msc Adv Clinical Pract, PGCTE, BA Nursing, Dip Nursing,
AHA ITC Training Coordinator, AHA BLS & ACLS Instructor, PHTLS Provider,
Pan Asia Simulation Society for Healthcare General Secretary





Heart Attack: Survivor's Perspective

OUR STORIES: What can you learn?



Q: Are these TRUE or NOT?

“I’m too young to worry about heart Attack.”





“I don’t need to have my cholesterol checked until I’m middle-aged.”

“I’ll know when I’m having a heart attack because I’ll have chest pain.”

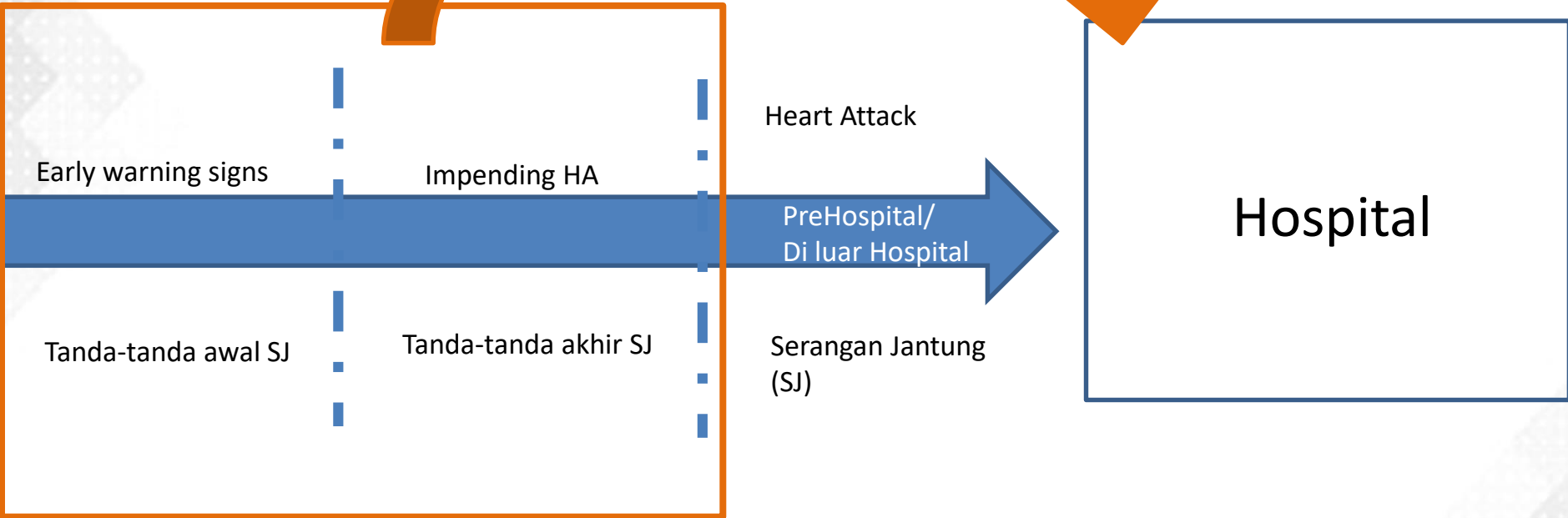
The symptoms of a heart attack is dramatic “A Drama Heart Attack”



Risk factors / Fakta Risiko




Non-modifiable	Modifiable
<p>Age</p> <p>Genetic </p> <p>Gender(M) </p>	<p>Physical inactivity</p> <p>Obesity</p> <p>Hypertension</p> <p>Diabetes mellitus</p> <p>High Cholesterol </p> <p>Unhealthy diet </p> <p>Smoking</p> <p>Steroid abuse</p>

Trajectory of Heart Attack



Know the **WARNING SIGNS**, Act fast and Save Lives






<p>Unexplained weakness or fatigue (Keletihan tanpa sebab yang munasabah)</p> <ul style="list-style-type: none"> ○ Fatigue with non-endurance activity e.g walking ○ Fatigue at rest 	<p>Fatigue during activity  (Keletihan yg berlebihan)</p> <ul style="list-style-type: none"> ○ Easily get tired with bearable chest discomfort/pain ○ Shortness of breath 	<p>Sleepiness  (Penidur)</p> <ul style="list-style-type: none"> ○ Unusual feeling of ○ sleepiness
<p>Feeling cool / cold sweat (Sentiasa rasa sejuk)</p> <ul style="list-style-type: none"> ○ Feeling cold toward the evening ○ Always use warm water to bath or shower ○ Wear sweater all time 	<p>Lightheadedness  (Mudah Pening)</p> <ul style="list-style-type: none"> ○ feeling pass out if try to stand up or overexert 	<p>Pale (Pucat)</p>



If tiredness progressing over time even with simple activities
..**DO NOT IGNORE THIS SIGN.** Need medical check up.



<p>Chest discomfort </p> <p>Dada rasa kurang selesa</p> <ul style="list-style-type: none"> - No chest pain - On/off increase in frequency and duration 	<p>Purely Chest pain (left)</p> <p>Sakit dada-kiri</p> <p>Unbearable Chest pain like being squeeze, sharp pain, being compress</p> <p>“Rasa nya dada atu kan pacah”</p>	<p>Nausea and vomiting</p> <p>Mual dan Muntah</p> <p>“Rasa kan muntah tapi nada kan di muntah kan</p>
<p>Numbness or Pain </p> <p>Rasa Panat or sakit</p> <ul style="list-style-type: none"> - Hand, Neck, Jaw 	<p>Profuse sweating even without activity</p> <p>Paluh yg berlebihan</p>	
<p>Shortness of breath </p> <p>Sanak/Singkat Nafas</p>	<p>Palpitation </p> <p>Jantung Labuk-labuk</p>	



When you have chest pain/discomfort accompanied with numbness radiating to hand, neck and jaw...a strong warning signs and need urgent attention.

DO NOT DELAY



*My Heart,
Your Heart*

No warning signs

Important of early Medical Check-up

Take Home Message



The facts	What can you do
<p>Heart attack can occur regardless of age</p> <p>Heart attack can occur even if you at your ideal weight</p>	<p>Do regular medical check up (age 35)</p> <p>Watch out your diet</p>
<p>Heart attack occur at sudden but the warning signs occur long before it happens</p>	<p>Pay attention on the modifiable risk factors</p>
<p>Heart attack does not always occur with severe chest pain. Sometime occurs without warning</p>	<p>If you are HIGH CHOLESTEROL (medication, diet and activity is a must)</p>
<p>Heart attack is preventable or delayed</p>	<p>If showing the warning signs— Don't Wait—Get Help Quickly</p>
<p>The multiple the risks the higher chances of having heart attack</p>	
<p>Delay in seeking treatment may cause loss of life</p>	



THANK YOU

khairulamin.abdullah@ubd.edu.bn

For First Aid, BLS/CPR AED, ACLS:

cprtraining.ihs@ubd.edu.bn