

# **CORONARY HEART DISEASE**

# **DEFINITION**

**Impairment of heart function due to inadequate blood flow to the heart compared to its needs caused by obstructive changes in coronary occlusion of the heart.**

**It is the cause of 25-30% of death .**

# CHD may manifest itself in many presentations:

- Angina pectoris of effort
- Myocardial infarction
- Irregularities of the heart
- Cardiac failure
- Sudden death

# RISK FACTORS

## A) Non Modifiable:

- ✓ Age -51-60yrs
- ✓ Sex –males more prone than females
- ✓ Genetics
- ✓ Family history

## B) Modifiable:

- ✓ Heavy cigarette smoking
- ✓ Elevated serum cholesterol (LDL)
- ✓ High BP
- ✓ DM
- ✓ Obesity
- ✓ Stress
- ✓ Sedentary habit

## **Other risk factors:**

- ❖ **Genetic factors**
- ❖ **Physical activity**
- ❖ **Hormones**
- ❖ **Type A personality**
- ❖ **Alcohol**
- ❖ **Oral contraceptives**
- ❖ **Miscellaneous**

# **DIAGNOSTIC EVALUATION**

- History collection**
- Physical examination**
- ECG**
- Routine blood investigations**
- Angiogram**
- MRI**
- CT Scan**

# PREVENTION

WHO expert committee recommended following strategy:

**1. Primary prevention:**

**Prevention in whole population**

**Primordial prevention in whole populations**

**2. High risk strategy**

**3. Secondary prevention.**

# **1) Population strategy**

## **1. Dietary changes:**

**Reduce fat intake , dietary cholesterol , increase carbohydrates consumption, vegetables, fruits, whole grain & legume, and avoid alcohol.**

## **2. Smoking cessation**

## **3. Physical activity: regular activity**

## **4. Reduce BP-:**

**Even a small reduction in BP will produce a large difference in incidence and prevalence of CV complications**



## High risk strategy

- **Identifying risk:** by recording BP & serum cholesterol level
- **Specific advice:** advice about preventive measure

## 2) Secondary prevention

**Aim is to prevent recurrence & progression of CHD.**

- **Cessation of smoking**
- **Control of HTN & DM**
- **Exercise promotion**
- **Treatment – CABG, PTCA**

# **NURSING MANAGEMENT**

- ❑ Dietary management- low salt , moderate avoid alcohol, take-fruits, vegetables, low fat diary products.**
- ❑ Regular monitoring BP**
- ❑ Encourage physical activity- walking**
- ❑ Engage in weight reducing exercises**
- ❑ Avoid stress- yoga, meditation**
- ❑ Educate about drug regimen & follow up**
- ❑ Advise to inform in case of any unusual symptoms.**

## National population policy: Goals

Address the unmet needs for basic reproductive and child health services, supplies and infrastructure.

Make school education up to age 14 free and compulsory, and reduce drop outs at primary and secondary school levels.

Reduce infant mortality rate to below 30 per 1000 live births.

Reduce maternal mortality ratio to below 100 per 100,000 live births.

**Achieve universal immunization of children against all vaccine preventable diseases.**

**Achieve 80 percent institutional deliveries and 100 percent deliveries by trained persons.**

**Achieve universal access to information/counseling, and services for fertility regulation and contraception with a wide basket of choices.**

- Achieve 100 per cent registration of births, deaths, marriage and pregnancy.
- Prevent and control communicable diseases.
- Integrate Indian Systems of Medicine (ISM) in the provision of reproductive and child health services, and in reaching out to households.