Alaska Regional Hospital
Objectives

- Understand need to call 911
- Understand when to call 911
- Chest Pain Symptoms
- Stroke Symptoms
- F.A.S.T.
- Tips to aide EMS finding you faster
- ABC’s of Advanced Directives
What is a Heart Attack?

- Most heart attacks occur when a vessel supplying the heart muscle with blood and oxygen becomes completely blocked. A slow buildup of fatty deposits, made mostly of cholesterol, causes a narrowing of the blood vessel.

- The supply of blood to the heart muscle is completely blocked when a clot develops in the narrowed vessel.

- When the vessel is completely obstructed, part of the heart muscle will begin to die if the individual does not seek medical attention immediately.
What is a Heart Attack?

A coronary artery supplies blood and oxygen to the heart muscle. A blood clot blocks the artery, leading to blocked blood flow and plaque buildup in the artery. This results in dead heart muscle.
Acute coronary syndrome is a term used for any condition brought on by sudden, reduced blood flow to the heart.

- Chest Pain is the most common symptom contributing to a diagnosis of ACS.
Time is Muscle

• Complete destruction of the heart muscle being supplied by a blocked vessel occurs over a six hour time period.

• Time is muscle- 85% of heart damage occurs in the first two hours.

• Because the heart muscle begins to die 80-90min after it stops getting blood, there is a window of opportunity referred to as the “golden hour”.

• The benefits are more substantial if the vessel can be opened within this “golden hour”.

Time is Muscle
People often mistake chest pain & other heart attack warning signs as heartburn or a pulled muscle.

The result is that many people wait too long before getting help.

Be aware of pressure—not necessarily pain in the chest. If it subsides when you rest, but increases with activity, it is your warning of a heart attack.
Symptoms of a heart attack/ACS

Specific heart attack symptoms

• Chest pain (most common)
  • Chest pressure
  • Chest ache
  • Chest burning
  • Chest fullness
• Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
• Shortness of breath

Other Possible Heart Attack symptoms

• Weakness
• Sweating
• Nausea
• Dizziness, Lightheadedness
• Prolonged pain in upper abdomen
• Cough
• Impending sense of doom
• Sleep problems
Heart Attack - Men vs. Women

- More women than men die of heart disease every year in the United States
- Women tend to experience “other common” symptoms
- Smaller arteries may be blocked in women, while men often have blockage in the main arteries
- Women delay in seeking treatment – too busy
Women may experience different signs and symptoms than men:

- Chest pain or discomfort (may feel more like squeezing or fullness)
- Pain in arms, back, neck, or jaw
- Stomach pain
- Shortness of breath, nausea, or lightheadedness
- Sweating
- Fatigue
Early Heart Attack Care

- Heart Attacks have beginnings so listen to your heart for early danger signs
- Occur in over 50% of patients
- Know these subtle symptoms and act before damage occurs
- These symptoms may occur hours or weeks before a heart attack
Early danger signs – subtle symptoms – may come and go before they become constant and severe

- Shortness of Breath without exertion
- Heartburn
- Nausea
- Chest pressure, squeezing, aching or discomfort
- Pain that travels down one or both arms
- Jaw pain
- Fatigue
- Anxiety
- Back pain
- Feeling of fullness
- Feeling of impending doom
Early Treatment

• Recognizing symptoms early is the best way to stop the heart attack process - before damage to the heart muscle occurs

• It is better to be safe than sorry – always seek a medical evaluation quickly for signs and symptoms of a heart attack/ACS (Acute Coronary Syndrome)
• Early use of an AED-Automated External Defibrillator-can dramatically increase the survival rate of a person experiencing a cardiac event

• With Bystander CPR and use of an AED, the chance of survival from a cardiac arrest increases by 7-10% per minute

• An AED should be used when someone becomes or is found unresponsive

• Know where to locate it where you work and play
What is a Stroke?

- Stroke is a cardiovascular disease. It affects the blood vessels that supply blood to the brain.
- A stroke occurs when a blood vessel that brings oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle.
Ischemic Stroke

Coronal section of the brain showing middle cerebral artery

Atherosclerotic clot

Blood clot
Hemorrhagic Stroke
Deprived of oxygen, nerve cells in the affected area of the brain can’t work and die within minutes. And when nerve cells can’t work, the part of the body they control can’t work either.

The devastating effects of stroke are often permanent, because dead brain cells aren’t replaced.

Strokes Can Be Devastating
Stroke Statistics

• 795,000 cases of acute stroke per year
  – 185,000 of these people will have a recurrent stroke (25%)

• 1 out of every 18 individuals having a stroke die
  – A stroke occurs every 40 seconds, with a death every 3-4 minutes

• 70-80% of all strokes are ischemic – caused by a blockage; the remaining are hemorrhagic – caused by a rupture
  – 12% of ischemic stroke patients die within 30 days
  – 38% of hemorrhagic strokes die within 30 days

• 15-38% of survivors have moderate or severe disability
Stroke Symptoms

- Two million brain cells die every minute during a stroke
- Recognizing symptoms and acting fast to get medical attention can save a life and limit disabilities

Symptoms of stroke include:

- **Sudden** numbness or weakness of face, arm, or leg – especially on one side of the body
- **Sudden** confusion, trouble speaking, or understanding
- **Sudden** trouble seeing in one or both eyes
- **Sudden** trouble walking, dizziness, loss of balance or coordination
- **Sudden** severe headache with no known cause

**STROKE STRIKES FAST – YOU SHOULD TOO! CALL 9-1-1**
If you think someone may be having a stroke, act FAST & do this simple test!

**Act F.A.S.T.**

<table>
<thead>
<tr>
<th>FACE</th>
<th>Ask the person to smile.</th>
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<tbody>
<tr>
<td></td>
<td>Does one side of the face droop or look uneven?</td>
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<tr>
<th>ARMS</th>
<th>Ask the person to raise both arms.</th>
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<td>Does one arm drift downward (or can’t be lifted up)?</td>
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<tr>
<th>SPEECH</th>
<th>Ask the person to repeat a simple sentence.</th>
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<td></td>
<td>Are the words slurred? Can he/she repeat the sentence correctly?</td>
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**TIME**

If the person shows any of these symptoms, time is important.

**Call 9-1-1** to get to the hospital fast, or if it’s a patient in a patient care area call a Rapid Response. Brain cells are dying.

**Act F.A.S.T.**
How do we eliminate or reduce risk?

- Take medications as prescribed
- Exercise regularly
- Do not smoke
- Relax
- Throw out the salt
- Limit alcohol consumption
- Eat lots of fruits and vegetables
Evaluation and treatment in an emergency department (ED) is essential.

The ED is equipped with diagnostic services that provide rapid evaluation for patients.

ED physicians, nurses, cardiologists, neurologists & technicians are available to comprehensively manage the patient’s care.
Why Call 911

- 911 dispatchers are trained to locate you quickly and assist you with early treatment options
- In Anchorage, Emergency Medical Services (EMS) can diagnosis a heart attack by using an electrocardiogram (EKG) and also initiate early treatment
- EMS is able to radio ahead to the Emergency Department (ED) that you are on your way. This enables the ED staff to be ready for you when you arrive through their doors
- Arriving by ambulance to the ED helps to ensure that you will not wait to be seen by a physician
Tips When Calling 911

- ICE
- Stay calm
- Give name and location
- Stay on the line
- Follow the directions of dispatcher
- Visible Address
- Secure pets
- Have someone outside to wave first responders down
- Call non-emergent number with location of key or code
ICE: In Case of Emergency

ICE: Emergency contact

- < 25% of people carry any information about whom to call following a serious accident or health emergency
- Program that enables first responders to contact next of kin
- Program information into Cell Phone
- Or put in a note behind phone in its case
Yellow Dot Program

• Place **Yellow Dot** in lower left corner of car driver’s side rear window

• Alerts First Responders to medical information located in glove compartment

• Sponsored by: Anchorage Police Citizens Academy Alumni Association

• http://www.myyellowdots.com/alaska_yellow_dot.php
If Phone is Locked

Place note behind phone (between phone and case) with emergency contact information

- List emergency contacts
- List allergies
- Pertinent health information
- Pertinent medication information
When calling 911

• Stay calm
• Answer all questions as best you can
• Know your location:
  – Land line-EMS can see your location
  – Cell Phone-YOU have to provide address
• Follow the directions of the 911 Operator
• Don’t hang up the phone unless told to do so
Ensure Your Address is Visible

• Check to see if others can read your address from the street
• Numbers should be clearly visible day or night

• Consider contrasting colors for numbers with house paint
  – White letters on dark paint
  – Black letters on white paint
  – Reflective or illuminated numbering best

• Consider having numbers visualized from both directions

• Check to ensure plants or snow banks don’t cover numbers

• Report missing street signs promptly
Secure Pets

- Consider putting pets in bathroom or in another room
  - People will be coming and going
  - Anxiety is high
  - Pets could escape
Have Spotter for EMS if Possible

- If possible have someone outside watching for EMS
- Facilitates getting help quicker if can’t see address
- Can direct where person is in a quicker timeframe
Call Fire Department Non-Emergent Number

• If Fire Department needs to get into your home
• If doors are locked—they may have to break down door
• Call Fire Department non-emergent number & give them location of spare key or code to door or garage door
• Information not broadcast for security reasons
• The unit responding will get a notification to call for special instructions

907-522-1122
Advanced Directives

• Set of written instructions that specify the actions that should be medically taken if the individual can no longer make decisions themselves due to incapacity or illness

• Legal documents

• Provide way to tell your wishes to family, friends, and health care professionals to avoid confusion later on

• Advance directives give specific instructions to medical providers, especially in terms of what to do if the individual should require life sustaining intervention
A Living Will:

• Legal document that indicates preferences about medical treatment in the event of a serious accident or illness that leaves you unable to give informed consent
  – Explains which treatments wanted if dying or permanently unconscious

• Indicates what life-sustaining measures the person does or does not want such as assisted breathing, feeding tubes and resuscitation
A Durable Power of Attorney for Health Care:

- Document that names your health care proxy

- A Proxy is someone you trust to make health decisions for you if you are unable to do so

- Someone who knows you well

- Able to make difficult choices

- Someone who is likely to be nearby
5 Wishes

- Wish 1: The Person I Want to Make Health Care Decisions for Me When I Can't
- Wish 2: The Kind of Medical Treatment I Want or Don’t Want
- Wish 3: How Comfortable I Want to Be
- Wish 4: How I Want People to Treat Me
- Wish 5: What I Want My Loved Ones to Know
Where to Keep Advanced Directives

- Give copies to designated Durable Power of Attorney for Health care
  - Talk to them about your wishes
- Keep original signed copy in special place in your home-not in safe deposit box
- Fill out wallet card and carry it with you
- Talk with MD during next visit and consider giving them a copy for medical record
- Bring it with you to hospital and place in medical record
- Destroy any outdated copies-update at MD office and hospital
Thank You for the Opportunity to Speak With You
References


• American Heart Association . www.heart.org