

## Heart Attack Care ... A Community Report

800,000 persons experience a heart attack annually. Most patients do not seek medical care for two hours or more after symptoms occur. This is because most heart attacks start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. This pain has been described as a pressure sensation, squeezing of the chest, a heavy fullness or pain.
- A person experiencing a heart attack may have discomfort in one or both arms, the back, neck, jaw or stomach.
- A person experiencing a heart attack may have shortness of breath, experience nausea or lightheadedness, or break out in a cold sweat.
- Women, diabetics and the elderly may present different signs or symptoms of a heart attack. Make sure that you speak to your primary care physician about your risk factors for heart disease or any atypical chest pain that you have experienced.
- Heart failure is the leading cause of death in women... above breast, uterine or ovarian cancer.

### Heart Attack Care – How Does Alliance Community Hospital Compare?

At Alliance Community Hospital (ACH) we follow national heart attack care treatment guidelines designed to improve the quality of care for all heart attack patients. We monitor the quality of care we provide by tracking specific national treatment guidelines and comparing our statistics to national benchmark standards.

1. National heart attack treatment guidelines recommend that a patient be given one aspirin at arrival to the Emergency Department. This aids in preventing clot formation that could lead to blocking of major arteries. Make sure that you communicate any allergy or intolerance to aspirin that you may have to your care giver.

| ACH 2008 | State (Eastern Ohio) | National Average |
|----------|----------------------|------------------|
| 97%      | 97%                  | 98%              |

2. National heart attack treatment guidelines also recommend that aspirin be given to patients following a heart attack and as a treatment option following discharge. This aids in preventing clot formation which could lead to another heart attack. Make sure that you communicate any allergy or intolerance to aspirin that you may have to your care giver.

| ACH 2008 | State (Eastern Ohio) | National Average |
|----------|----------------------|------------------|
| 91%      | 95%                  | 98%              |

3. Smoking cessation treatment greatly reduces the smoker's risk of suffering smoking-related diseases such as coronary heart disease. Patients who receive even brief smoking cessation advice from their care providers are more likely to quit than those that receive no counseling at all. From 1990 through 1994, an average of 430,000 Americans died each year of smoking-related illnesses. The largest portion of these deaths was cardiovascular-related. About one in five deaths from cardiovascular disease can be attributed to smoking.

ACH offers smokers a smoking cessation program called “Fresh Start” in conjunction with the American Cancer Society and the number to sign up is 330-596-7100.

| <b>ACH 2008</b> | <b>State (Eastern Ohio)</b> | <b>National Average</b> |
|-----------------|-----------------------------|-------------------------|
| <b>100%</b>     | <b>96%</b>                  | <b>99%</b>              |

4. If the left ventricle of your heart is damaged following a heart attack the physician may prescribe certain medications called ACE-Inhibitors or ARBS that support the damaged muscle of the heart following a heart attack and reduces mortality.

| <b>ACH 2008</b> | <b>State (Eastern Ohio)</b> | <b>National Average</b> |
|-----------------|-----------------------------|-------------------------|
| <b>90%</b>      | <b>89%</b>                  | <b>94%</b>              |

5. During a heart attack, the heart, which is a muscle, is deprived of oxygen. Medications called Beta Blockers are drugs that slow the rate of the heart and decrease blood pressure. By reducing the workload of the heart they also reduce the heart’s demand for increased oxygen. The National standards suggest that Beta Blockers be given to patients experiencing a heart attack on admission to the hospital and also at discharge.

|                                  | <b>ACH 2008</b> | <b>State (Eastern Ohio)</b> | <b>National Average</b> |
|----------------------------------|-----------------|-----------------------------|-------------------------|
| <b>Beta Blocker on arrival</b>   | <b>93%</b>      | <b>92%</b>                  | <b>95%</b>              |
| <b>Beta Blocker at discharge</b> | <b>100%</b>     | <b>97%</b>                  | <b>98%</b>              |

*Data for ACH and comparative data is obtained by using the Ohio Hospital Association Core Measure Report for 2008.*