



Dr. Rushikesh Patil

Consultant Cardiologist

Dr. L H Hiranandani Hospital

MANAGEMENT OF HEART ATTACK AT HOME

Hearth attacks and other forms of heart disease are the number one killer around the world. About half of heart attack deaths occur in the first hour, before the victim reaches a hospital. Thus, if you experience a heart attack, it is essential to act quickly to maximize your chances of survival. Notifying emergency services and receiving medical attention within the first hour, can mean the difference between life and death. If you believe you may be suffering a heart attack, seek emergency medical attention at once. Read on to learn strategies to survive a heart attack.

- 1. Recognise The Symptoms :** About 90 per cent of heart attack sufferers experience the classical symptoms of chest pain. Remember, anginal pain could be anywhere from jaw to umbilicus. However, the elderly, females and those suffering from diabetes may develop non-classical heart attack symptoms. These include shortness of breath, mild chest pain, nausea, vomiting and pain in the epigastric region (upper central portion of the abdomen).
- 2. Call For Medical Help :** Should you experience a heart attack – regardless of whether you're alone or in the presence of others – the very first thing to do is to call for emergency medical help, timely intervention saves the life.
- 3. Primary Aid :** Till you seek the medical help, help the patient to relax. Loosen their clothes and open the windows. Made him sit in semi reclined position. Most cases of heart attack are caused by a blood clot forming in one of the blood vessels responsible for supplying blood to the heart, hence certain blood thinner had shown to improve the survival, so ensure to pop a tablet of 300 mg of aspirin into their mouth to chew and not to swallow. Another medicine you can use is sorbitrate under the patient's tongue but do not use it when blood pressure is low.
- 4. Initiate Cardiopulmonary Resuscitation (CPR)** if you are trained or chest compression if patient becomes unresponsive before seeking medical help.
- 5.** And again to highlight - a heart attack victim should be taken to the hospital as soon as possible — at least within one hour (also known as the 'golden hour') to improve survival and heart function.

Remember, prevention is always better than cure. No doctor in the world can help you if you don't want to help yourself. Eat healthy, stay active, quit smoking, have regular health check-ups, sleep adequately and soak yourself in spirituality. Know and start loving your heart.

CPR is as easy as
C - A - B

Compressions
Push hard and fast on the center of the victim's chest

Airway
Tilt the victim's head back and lift the chin to open the airway

Breathing
Give mouth-to-mouth rescue breaths



Dr. Swanand S. Kulkarni
Full Time Consultant -
Cardiac Rehabilitation
Dr. L H Hiranandani Hospital,
Powai

EXERCISES : DO'S & DON'T'S

Exercise is one of the most important Physical Activity that is planned, structured and repetitive for the purpose of the body. During the exercises the body gets engaged in physical activity to sustain or improve health and fitness.

Exercises can be prescribed by Cardiac Rehabilitation Specialist OR Exercise Physiologist for the best outcome without any complications.

Significant Cardiac health benefits can be achieved by Exercise Prescription. Exercise Prescription is similar to the Drug/Medicine Prescription; which allows OR guides a patient, for proper dosage of exercise. Exercise delivers best results when done in Mental and Physical Equilibrium along with Harmony of Concentration, Repetition, Regularity, and Safety; at the level of Exercise Prescription.

Exercise prescription is a specific plan of fitness-related activities that are designed for a specified purpose, which is often developed by a Rehabilitation Specialist OR Exercise Physiologist for the patient. Only after detailed assessment OR evaluation of an Individual, Exercises are prescribed.

Exercise Prescription comes with a "FITT" principal; along with the Target Heart Rate calculation.

Frequency | Intensity | Time | Type

Do's	DONT's
Minimum 30 minutes of exercises a day *	Do not withhold any health related information from Exercise Physiologist OR Doctor
Exercise 5-6 times a week *	Do not exercise when you are not feeling well
Exercises Regularly *	Do not continue exercise if experiencing any abnormal symptoms
Maintain prescribed Frequency, Intensity, Time & Type of exercises *	Do not exercise on empty stomach
Monitor vitals (BP, Sugar Level, Oxygen Saturation, ECG)	Do not exercise immediately after consumption of Food
Report any abnormal symptom to your doctor	Do not exercise after consuming any type of Alcohol OR Tobacco product
Follow all instructions closely given by Exercise Physiologist	Do not exceed your Exercise Target Heart Rate

Exercise Prescription in Cardiac Rehabilitation department ensures the safety of all risk factors. Exercise Prescription is individualized and is designed by Cardiac Rehabilitation Specialist OR Exercise Physiologist for the best outcome, along with the Cardiological and Musculoskeletal safety of the Individual at all the phases and modes of exercise.

Generalized Exercise Program after Cardiac Event / Heart Attack *

Week Post Cardiac Event	Time for Exercises	Frequency of Exercises per Day
1st	5-10 minutes	4 / day
2nd	10-15 minutes	4 / day
3rd	15-20 minutes	3 / day
4th	20-30 minutes	2 / day

*THIS IS A GENERALIZED PROGRAM GIVEN TO A PATIENT AFTER HEART ATTACK. THIS IS NOT THE FINAL EXERCISE PROGRAM PRESCRIBED TO ANY INDIVIDUAL. EXERCISE PROTOCOL VARIES FROM PERSON TO PERSON & MEDICAL CONDITION OF THE INDIVIDUAL. CONSULT YOUR PHYSICIAN OR CARDIOLOGIST OR CARDIAC REHAB SPECIALIST OR EXERCISE PHYSIOLOGIST BEFORE STARTING THE EXERCISES. ABOVE MENTIONED EXERCISE TIME AND SCHEDULE MAY DIFFER FOR ANY INDIVIDUAL. DO NOT START EXERCISES WITHOUT MONITORING WHICH IS DONE BY CARDIAC REHAB SPECIALIST OR EXERCISE PHYSIOLOGIST. DO NOT START EXERCISES WITHOUT EXERCISE PRESCRIPTION.

Cardiac Rehabilitation Specialist initially assesses, evaluates the patient thoroughly and then prescribes the exercises for the optimum, safe and speedy recovery of the patient. Cardiac Rehab has 3 important parts; Exercise counseling and Training, Education, Psychological Counseling.

Exercise delivers best results when done in Mental and Physical Equilibrium along with Harmony of Concentration, Repetition, Regularity, and Safety; at the level of Exercise Prescription; prescribed by Cardiac Rehab Specialist OR Exercise Physiologist in the Cardiac Rehabilitation Department under Controlled OR Monitoring conditions.



Hiranandani Hospital THANE

ISO 9001:2008 CERTIFIED
Hamilton 'B' Hiranandani Estate, Off Ghodbunder Rd, Patlipada, Thane (W)- 400 607, India.
Tel.: 2545 8666/8667, 6799 8444/ 8555. Fax.: 2586 1791
For OPD appointment- thaneopdvisit@hiranandanihospital.org
Write to us at thinfo@hiranandanihospital.org
Website: www.hiranandanihospital.org

Follow us on: www.facebook.com/Hiranandani.Hospital

Editorial Team

- Dr. Sujit Chatterjee, MD (CEO)
- Dr. Vandananani Bhagat (Sr. Manager Operations & Administration)