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WATERSIDE
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Hayling Island
& Emsworth
Primary Care Network

Heart Health

Patient Participation Group (PPG) Health Talk – 13th June 2023

Emsworth Slipper Sailing Club

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NHS England SE Region – Clinical Lead for Cardiac Rehabilitation

Aims



Interactive session: whistlestop tour but also some websites/resources to know about: national and local

Why is heart health important?

What to look out for with heart health

- Blood Pressure
- Angina
- Heart attack
- Heart failure
- Cardiac Rehabilitation
- Cholesterol
- Atrial fibrillation

Prevention

Early intervention

Living well

What you can do for yourself / family / friends

When we would ask you to seek care from NHS

Emergency care

Why is heart health important?



**1 in 4 patients in Emsworth
and Hayling Island have
high blood pressure**

Around **50%**
of heart attacks and
strokes are associated
with high blood
pressure



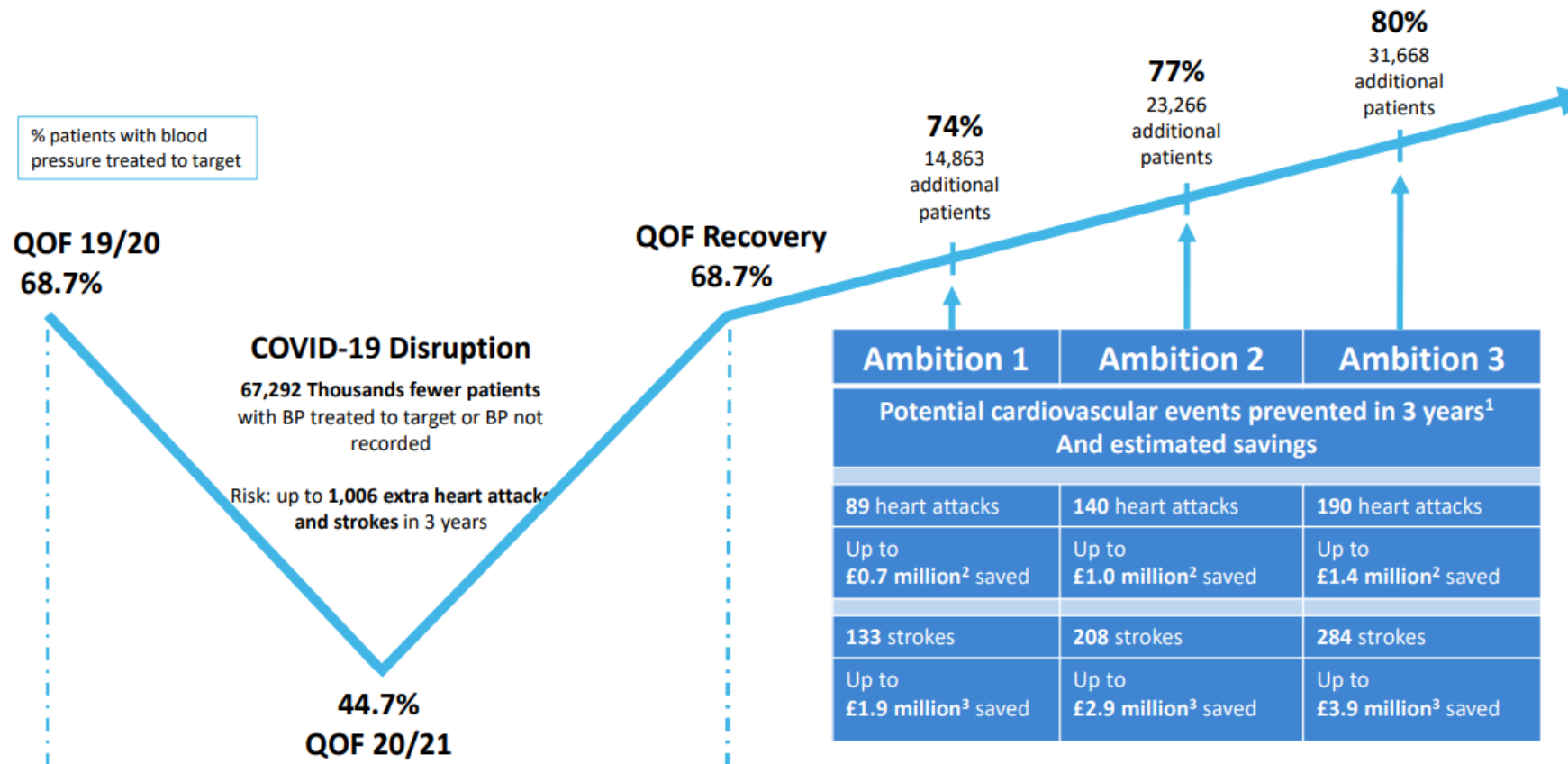
Raised blood pressure and high cholesterol are the leading causes of heart attack and stroke, common conditions that account for a quarter of premature deaths and 25% of the life expectancy gap between most affluent and most deprived communities. Treatment to lower blood pressure and cholesterol is highly effective at preventing these life-changing events, reducing demand on hospital services, and reducing health and social care costs.

Despite this, many people with high blood pressure and / or high cholesterol are not on the recommended levels of treatment, and as such remain at risk of having a heart attack or stroke.

Why is heart health important?

Size of the Prize – Hampshire and the Isle of Wight BP Optimisation to Prevent Heart Attacks and Strokes at Scale

UCLPartners



References

- Public Health England and NHS England 2017 Size of the Prize
- Royal College of Physicians (2016). Sentinel Stroke National Audit Programme. Cost and Cost-effectiveness analysis.
- Kerr, M (2012). Chronic Kidney disease in England: The human and financial cost

Modelling

Data source: NCVIN 2021. Briefing note: QOF 2020/21 Management of hypertension – HYPALL metric (HYP003 + HYP007). Potential events calculated with NNT (theNNT.com). For blood pressure, anti-hypertensive medicines for five years to prevent death, heart attacks, and strokes: 1 in 100 for heart attack, 1 in 67 for stroke.

Blood Pressure - Hypertension

- Pressure of blood in your arteries (tubes of blood which carry blood from heart to brain and rest of body)
- Naturally changes throughout day and night, when you're moving
- Two numbers
 - Systolic – higher of the two. It's when your heart is pumping
 - Diastolic – lower of the two. When your heart relaxes between beating
- **When your Blood Pressure is high it's called Hypertension**
- Arteries lose their stretchiness, become stiff and narrow
- Easier for atheroma to build up
- Narrowing could trigger a heart attack or stroke
- Other complications: (all small blood vessels in our body)
 - Kidney failure
 - Heart failure
 - Eye issues – visual problems
 - Vascular dementia

Blood Pressure - Hypertension

- Causes
 - Can't do anything about
 - Age (>65yrs)
 - Family History
 - Ethnicity
 - Deprivation
 - Can do something about
 - Smoker
 - Alcohol
 - Too much salt and not enough fruit/veg
 - Too inactive
 - Overweight - especially round the middle
- Rarely have symptoms
- Up to 5million in UK undiagnosed
- Only way to know is to measure it
- Normal
 - 90/60 to 120/80
 - As get older normal to get stiffer
 - 150/90 or 145/85 at home
- High normal
 - 120/80 to 140/90
 - Look into lifestyle
- High - Over 140/90 - there are stages



Our
Pharmacy
Team can
support

Investment to get it stabilised on medication – bit of work at the start then usually stable

- Surgery can help with how urgent things are
[Blood pressure test - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Angina

- Angina is symptom
- Pain or uncomfortable feeling when blood flow to heart is reduced
- Not dangerous but can be a sign of a heart problem – like coronary heart disease
- Usually felt in chest – like a pressure, tightness or squeezing, or a dull ache.
- Some people feel pain in neck, arm, jaw, stomach or back
- If stops after a few minutes of resting, get an urgent doctor's appointment
- If pain doesn't stop after a few minutes rest then call 999 – it could be a heart attack
- If diagnosed with angina and feels worse, happens more often or changed talk to doctor as soon as you can

Heart Attack

- Medical emergency
- Need to call 999 for an ambulance immediately
- Sudden loss of blood flow to part of the heart muscle
- Without treatment part of the heart can be seriously damaged
- Ambulances communicate straight with Cardiologists Catheter Labs – important to go via them

What should I do if I think I'm having a heart attack?

It's important you get medical attention immediately. Don't worry about wasting paramedics' time - a heart attack is a medical emergency.

You should:

- call 999 for an ambulance
 - sit down and stay calm
 - take 300mg aspirin if you have it and you're not allergic
 - wait for the ambulance.
-
- Coronary angioplasty - putting one or more stents (which are like small pieces of scaffolding) into the narrowed or blocked artery to keep it open and improve the blood supply to the heart.
 - Thrombolysis - involves giving you "clot-busting" medicine to dissolve the blood clot that's blocking the coronary artery.
 - Coronary bypass surgery - helps to bring back normal blood flow by attaching a blood vessel from your leg, arm or chest in your heart to go around the blocked artery.

Heart Failure

- It is a condition
 - Heart can't pump blood around body as well as it should
 - Doesn't mean stopped working but may need support to help it work better
 - Don't get enough oxygen, can get a backlog of fluid
-
- Fainting/lightheaded
 - Increasingly tired or weak – at rest which gets worse with movement
 - Shortness of breath
 - Swelling in feet and ankles and sometimes spreads to lower body

- Common causes
 - Heart attack
 - Cardiomyopathy
 - High blood pressure – strain over time
- Other rarer causes
- Stages – like most conditions

What are the stages of heart failure?

There are four stages or classes of heart failure. These stages describe how serious your heart failure is. When you're diagnosed, your doctor may tell you which stage you have based on your symptoms. The stages of heart failure are:

- Stage 1 - you don't have symptoms during everyday activity.
- Stage 2 - you feel normal when resting but physical activity causes symptoms.
- Stage 3 - you feel normal when resting but a little physical activity causes symptoms.
- Stage 4 - you can't do any physical activity without symptoms and may feel uncomfortable while resting.

- Treatment
 - Medication
 - Sometimes cardiac rehab
 - Sometimes community heart failure nurses

Cardiac Rehabilitation

- Cardiac Rehab for short
 - Helps get you back to as full a life as possible after a cardiac event or procedure. May also have if diagnosed with heart failure
 - Reduces:
 - Risk of a further event
 - Risk being readmitted to hospital
 - Has a positive impact on wellbeing and quality of life
- CONSIDER IT IMPORTANT
 - First day nerves are common and normal
 - Usually lasts for 10-12 weeks, often 2 hours at a time
 - Exercise
 - Information and education
 - British Heart Foundation has Cardiac Rehab at home [Cardiac rehabilitation at home - BHF](#)

Cholesterol



Things that cause high cholesterol which you can control:

Your lifestyle:

- eating too much saturated fat - this reduces the liver's ability to remove cholesterol, so it builds up in the blood
- being physically inactive - being active raises the level of 'good' cholesterol and reduces the level of 'bad' cholesterol
- smoking - this can lead to high cholesterol levels and it causes tar to build up in your arteries, making it easier for cholesterol to stick to your artery walls.

Things that cause high cholesterol which you can't control:

Your age, biological sex and ethnic background:

- getting older - having higher cholesterol is more likely as we age
- if your biological sex is male (you were assigned male at birth) - males are more likely to have high cholesterol
- your ethnic background - if you are from a south Asian background, you are more likely to have high cholesterol.

Your general health:

- kidney disease - when your kidneys aren't working well, it also changes the way your body handles cholesterol, which can lead to high cholesterol
- liver disease - an important job of the liver is to both produce cholesterol and clear it from the body, but if the liver isn't working well it struggles to do this, increasing your risk of high cholesterol
- if you live with excess weight, especially around your middle
- if you have type 2 diabetes, you are at greater risk of having high cholesterol
- having an underactive thyroid (hypothyroidism - when your body doesn't make enough thyroid hormone)
- growth hormone deficiency (when not enough of the growth hormone is made).

Cholesterol

Getting a cholesterol test

You can ask your GP to check your cholesterol levels, which are measured using a simple blood test. It is sometimes referred to as a 'lipid profile'. Your GP or practice nurse will take a blood sample, to check for the following:

- levels of good cholesterol (HDL)
- levels of bad cholesterol (non-HDL)
- triglycerides.

You will also get a total cholesterol result.

What are normal cholesterol levels?

Cholesterol levels vary from person to person, but in general the lower the LDL and non-HDL, the better, and the higher the HDL, the better. Your blood cholesterol is measured in mmol/L, which stands for millimoles per litre.

The information below is just a guide. Talk to your doctor about your results and what levels you should aim for. Find out more about what your results mean, how your doctor works out your risk and when you might need medication.

- Total cholesterol should usually be 5mmol/L or below
- HDL (good cholesterol) should usually be 1mmol/L or above
- Non-HDL (bad cholesterol) should usually be 4mmol/L or below
- Total cholesterol to HDL ratio should usually be 6 or below

- Treating high cholesterol
 - Getting more active
 - Cut down on alcohol and stop smoking
 - Try healthy foods
- If lifestyle changes are not enough GP may suggest medication
- Follow up blood test every year and adjust treatment if necessary

Atrial Fibrillation

- Top chambers of the heart (Atria) twitch – fibrillation
- Can cause heart to beat irregularly, with no set pattern
- Can come and go (Paroxysmal)
- If untreated
 - Increased risk of stroke
 - Increased risk of heart failure
- Causes – not always understood but often from damage to the heart
 - High blood pressure
 - Heart valve disease
 - Diabetes
 - Cardiomyopathy / pericarditis
 - Stress
 - Other health conditions eg asthma/lung cancer/pulmonary embolism (clot on lung)
- Will have further tests
 - ECG (electrocardiogram)
 - Echocardiogram (Ultrasound)
 - Chest Xray
 - Blood tests
- Treatment
 - Medication
 - Slow heart rate – beta-blocker
 - Anticoagulant (blood thinner)
 - Consider Ablation or Cardioversion or Pacemaker

Prevention

- Don't smoke / stop smoking
- Detect Hypertension - Know your numbers
- Healthy weight
- Healthy movement & activity levels
- Healthy diet
- NHS Health Check

[How do I get an NHS Health Check? - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Welcome to British Heart Foundation - BHF](https://www.bhf.org.uk)

How do I get an NHS Health Check?



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You can have an [NHS Health Check](#) if you're aged 40 to 74 and you have not had a stroke, or do not already have a pre-existing health condition.

If this applies to you, you can expect to receive a letter from a GP surgery or local authority inviting you for an NHS Health Check every 5 years.




You may also receive reminders about your NHS Health Check appointment by phone or email.


Online tests and tools


There are many online interactive tools and self-assessments that can help you immediately get an idea of how healthy you are.

- If you're over 30, [calculate your heart age](#) to see what your risk of getting heart disease or stroke is.
- Use the [BMI calculator](#) to see whether you're a healthy weight for your height. If you're overweight, it will also tell you what your daily calorie range should be to help you lose weight.
- Could you be drinking too much? Find [ways to drink less](#).
- Take the [How Are You quiz](#) for an overview of your current health and wellbeing.

Smoking Support

 Call 01264 563039 or 0800 772 3649, or text Quit to 66777 smokefree.hampshire@nhs.net Fee






FACE-TO-FACE SUPPORT

I would like to meet with a stop smoking advisor in person


[MORE INFO](#)



TELEPHONE SUPPORT

I would like to speak to a stop smoking advisor over the phone

[MORE INFO](#)




QUIT ALONE

I would like support in quitting smoking by myself

[MORE INFO](#)

- [Smokefree Hampshire | Your Stop Smoking Service](#)

Hayling Island Community Centre

 Hayling Island Community Centre Association, Station Road, Hayling Island, Hampshire
PO11 0HB, UK

When: Every Tuesday

Time: 4 pm - 6 pm

* Book online, or call 0800 7723649/01264 563039 to make an appointment

Early Intervention

- Pick up conditions and seek treatment
- Control BP to target
- Rapid access chest pain clinic via GP
- Cardiology review if needed
- Secondary prevention –
BP/Chol/Kidneys/Diabetes

Living Well with Cardiovascular Conditions

- Be aware and informed but try not to be obsessive/anxious: control what you can control
- Take up offers of cardiac rehabilitation / support
- Make use of technology available

Subscribe now and receive:

- support managing your heart or circulatory condition
- delicious heart-healthy recipes and nutrition tips
- inspiration to boost your mood and wellbeing
- updates on how to support the BHF and our partners

[Subscribe for free >](#)

Why subscribe to Heart Matters?

Heart Matters helps people at risk from heart and circulatory disease and those who care for them, to take control of their heart health.



Information you can trust

Get medically accurate information, backed by our cardiologists, nurses and dietitians.



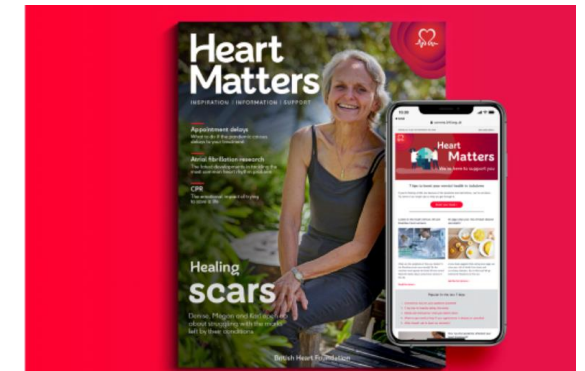
Straight to your inbox or door

Get curated emails every 2 weeks or choose to receive our quarterly magazine.



The latest news and updates

Stay up to date with the latest news, research, tests, treatments and updates from the BHF.



What you can do for yourself / family / friends

- Share resources and support
- Keep active together
- Healthy weight / diet / alcohol / mental wellbeing
- Have a BP monitor at home – know your numbers
- Know our community – defibs and surgery resources
- Know how to do CPR

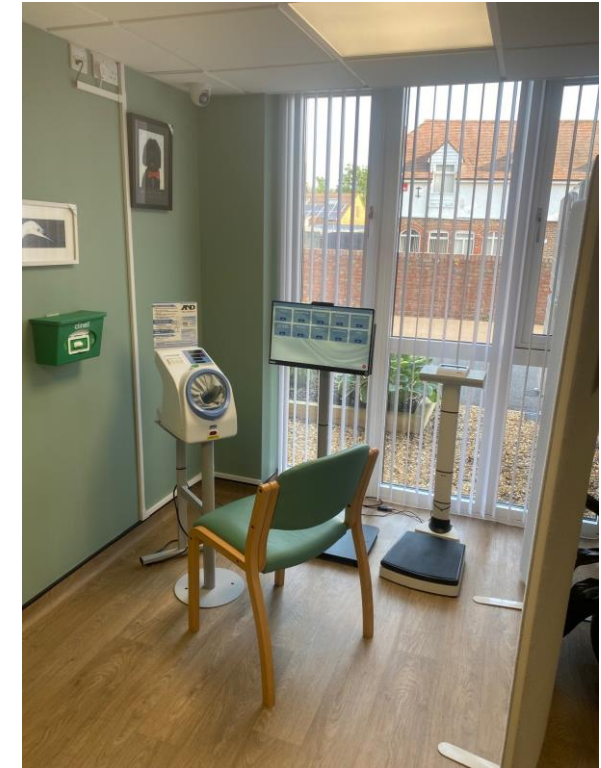
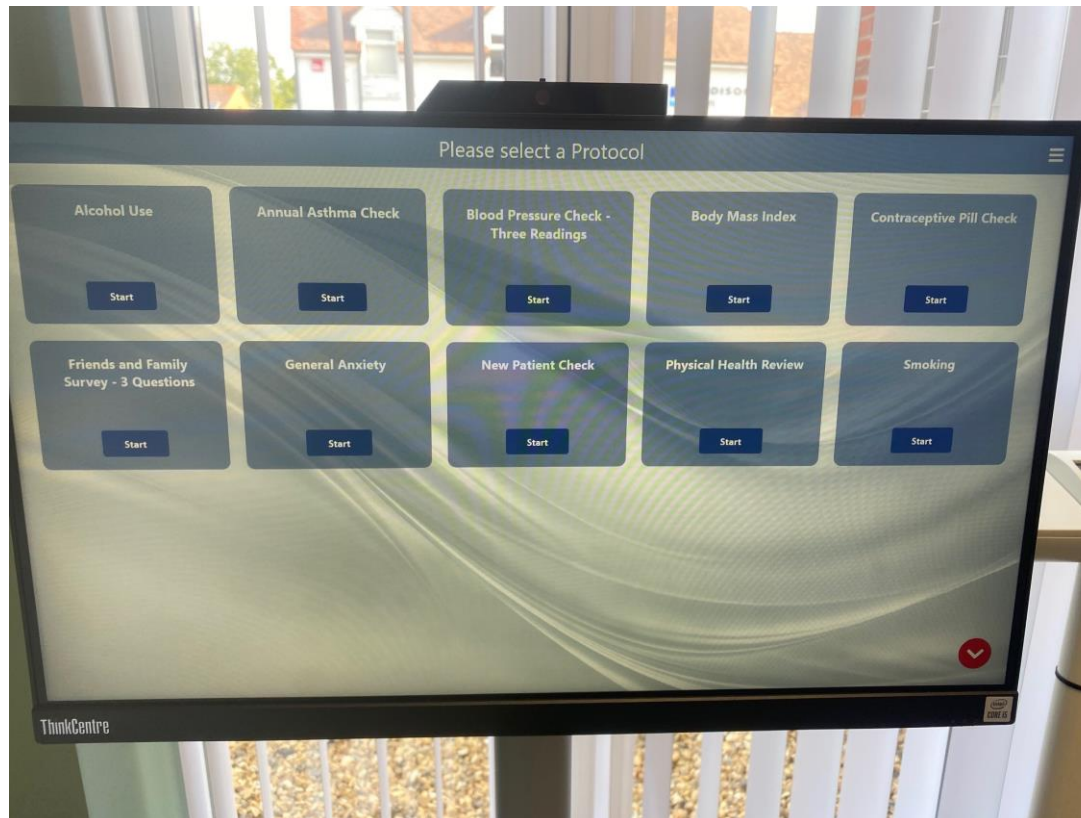
- [Buy approved Blood Pressure Monitors | British Heart Foundation \(bhf.org.uk\)](https://www.bhf.org.uk)

How to measure your blood pressure at home



What you can do for yourself / family / friends

- Use our Surgery Pod
 - Emsworth Medical Practice: Waiting Room – Hermitage Suite



When we would like you to seek care:

- Support with stopping smoking – can self-refer, x5 chance of success

[Smokefree Hampshire | Your Stop Smoking Service](#)

- Signs of uncontrolled disease..

- Chest pain
- Ankle swelling (new and significant)
- Shortness of breath
- BP > 140/90

NHS

- Phone Practice
- Phone 111/999

Emergency Care

If you're witnessing a cardiac arrest, call 999 immediately and start CPR. You'll be given instructions while you wait for help.

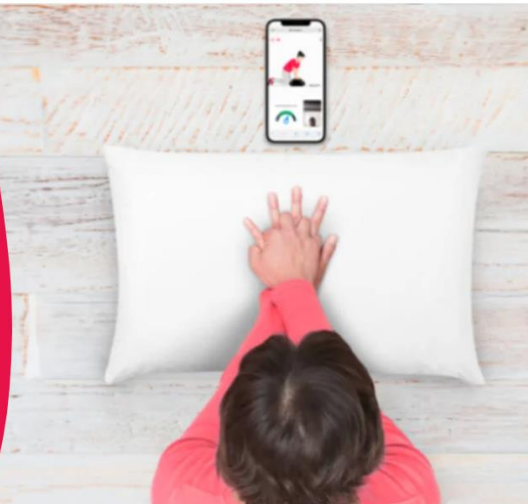
- Call 999 – try not to worry about the NHS being busy – it is here for you and we want to know
- Know how to do Basic Life Support and CPR

[Learn how to do CPR | British Heart Foundation - BHF](#)

Learn CPR for free with our interactive tool

Practise CPR using just your mobile phone or tablet and a cushion with our free interactive tool. It only takes 15 minutes.

Learn CPR in 15 minutes



Emergency Care

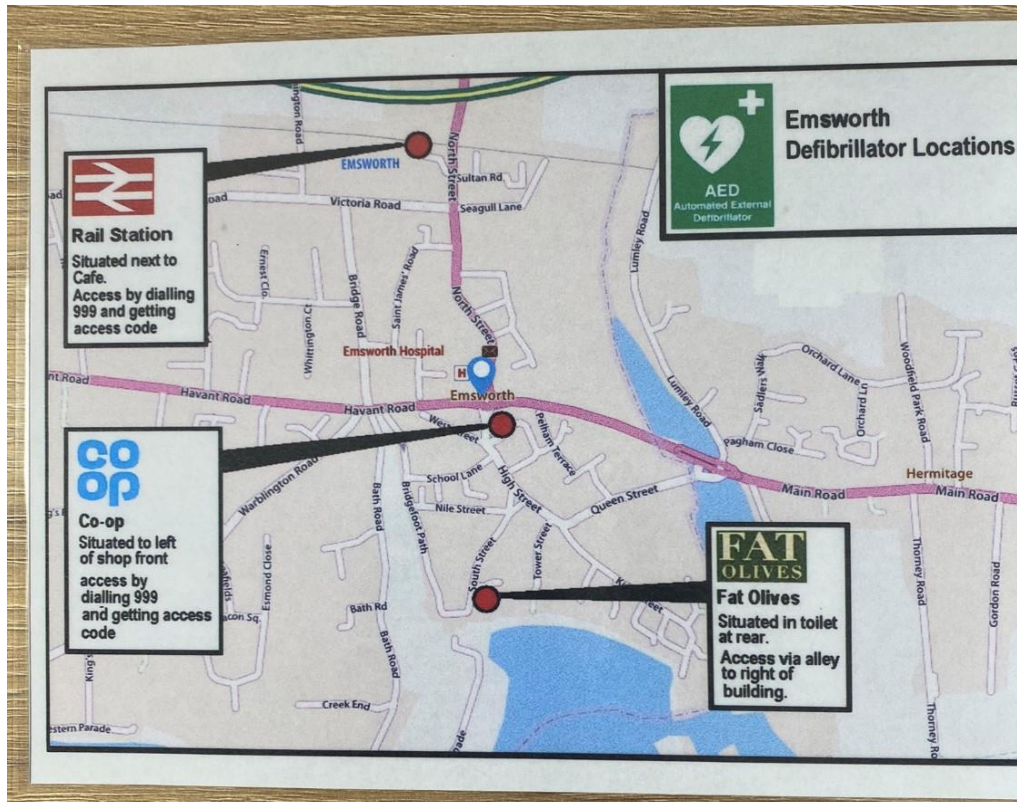
- Defibrillators in Emsworth

Defibrillators used in just 10 per cent of out of hospital cardiac arrests study shows

06 June 2023 [BHF Press Office](#)

Category: [Research](#)

Public access defibrillators are being used in just one in ten cardiac arrests where the lifesaving devices are available, according to new research presented at the British Cardiovascular Society Conference in Manchester.





Thank you to British Heart Foundation – their work and lots of resources/text from there in this presentation



Discussion, Tips from the room, Questions



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