

HEAR *(Health Evidence Awareness Report)*

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HEART Health September

HEAR is the result of a collaboration between librarians in the Health Service Executive, the Irish Blood Transfusion Service, Milford Care Centre, St. Luke's Hospital, St. Michael's Hospital, St. Vincent's (Navan Road), St. Vincent's University Hospital, the Temple Street Hospital and the University Hospital Limerick.

HEAR is about sharing information that is useful for both clinicians and patients.



September is HEART health month.

This year the Irish Heart Foundation has a special campaign called RED ALERT which focuses on women and heart health.

This issue of HEAR includes health bytes nutritional information, books, guidelines and review articles We also include patient information and education, useful websites, support groups and health awareness.

Your thoughts, comments and feedback are always welcome.

Please contact us at HEAR@hslg.ie

Did you know? Fast facts on Heart Disease & Stroke

Cardiovascular Disease is the most common cause of death in Ireland, accounting for 36% of all deaths, of which cardiac arrest accounts for approximately 5,000 deaths a year. In 2014, a total of 8,899 people died from Diseases of the Circulatory System, of which 4,329 were Ischemic Heart Disease (Acute Myocardial Infarction), 1450 were Other Heart Disease and 1,837 were Cerebrovascular Disease. This is higher than the figures for Breast Cancer, Lung Cancer or Respiratory Disease. Nearly half of the people who died from Cardiovascular Disease in 2014 were women. 22% of premature deaths (under age 65) are from cardiovascular disease.(CSO)

<http://www.cso.ie/en/releasesandpublications/ep/p-vs/vitalstatisticsyearlysummary2014/>

Worldwide an estimated 17 million people die globally from cardiovascular disease of which over 7 million are due to coronary heart disease. (WHO)



HEALTH AWARENESS

Cardiovascular Disease is the most common cause of death in Ireland, accounting for 36% of all deaths

Heart disease and stroke is the leading cause of death among Irish Women but just over 1 in 10 women believe cardiovascular disease is no.1 killer (survey by Irish Heart Foundation)

**Irish Heart
Foundation &
Stroke
Helpline**

1890 432 787

The HSE A-Z of common conditions includes information on Heart Disease, Heart Attack, High Cholesterol, Stroke etc.. <http://www.hse.ie/eng/health/az/>

Healthy Heart Information Leaflets from the Irish Heart Foundation
http://www.irishheart.ie/iopen24/heart-health-information-resources-t-7_21.html

NHS Choices A-Z of health conditions <http://www.nhs.uk/Conditions/Pages/hub.aspx>

Patient.co.uk information on health conditions <http://patient.info/health>

Critical Congenital Heart Defects <http://www.cdc.gov/ncbddd/heartdefects/cchd-facts.html>

Stories from the press...

Chocolate reduces heart disease risk, study says (2015)
<http://www.irishtimes.com/news/health/chocolate-reduces-heart-disease-risk-study-says-1.2250230>

Irish Heart Foundation urges healthy food policy in schools
<http://www.irishtimes.com/news/science/irish-heart-foundation-urges-healthy-food-policy-in-schools-1.2170606>

UK children's heart surgery death rates nearly halve in 10 years.
<http://www.theguardian.com/society/2015/apr/02/uk-childrens-heart-surgery-deaths-halve-10-years-open-heart>

Helpful Websites:

Irish Heart Foundation: <http://www.irishheart.ie/iopen24/>
British Heart Foundation: <https://www.bhf.org.uk/>
American Heart Association : <http://www.heart.org/HEARTORG/>
Children's Heart Federation: <http://www.chfed.org.uk/>
Heart Children Ireland: <http://www.heartchildren.ie/>
European Society of Cardiology <http://www.escardio.org/>
British Cardiovascular Society <http://www.bcs.com/pages/default.asp>
Irish Stroke Foundation <http://www.stroke.ie/>
Irish Association of Cardiac Rehabilitation <http://www.iacr.info/>
World Heart Federation <http://www.world-heart-federation.org/>

Healthy Bytes

How to Manage Cholesterol – Irish Nutrition & Dietetic Institute

<https://www.indi.ie/diseases,-allergies-and-medical-conditions/heart-health/530-how-to-manage-cholesterol.html>

CROI Nutrition and Diet Information

<https://www.croi.ie/heart-health/dietary-tips-advice>

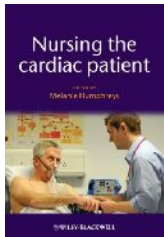
Irish Heart Foundation Heart Healthy Recipes

http://www.irishheart.ie/iopen24/healthy-recipes-t-7_22.html

American Heart Association Nutrition Centre – healthy recipes and nutrition, cooking and dining out

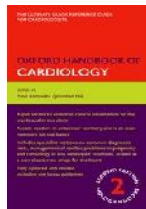
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

Books



Nursing the Cardiac Patient, Melanie Humphreys (ed), 2011

http://tinyurl.com/nte_kdht



Oxford Handbook of Cardiology, Punit Ramrakha, Jonathan Hill (eds) 2012

<http://ukcatalogue.oup.com/category/academic/series/medicine/oxhmed.do>



ABC of Hypertension, Gareth Beavers, Gregory Y.H. Lip, Eoin O'Brien, 2014

<http://tinyurl.com/q7qq2w4>

Support groups

Irish Heart Foundation
50 Ringsend Road, Dublin 4
Telephone: 01 6685001
Email: info@irishheart.ie
Web: www.irishheart.ie

National Heart and Stroke Helpline
Telephone: Locall 1890 432 787
Email: info@irishheart.ie

Cardiomyopathy Support Group
c/o Irish Heart Foundation
Telephone: 01 6685001 or Locall 1890 432 787
Email: info@irishheart.ie

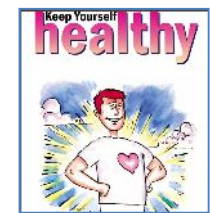
SADS Support Group (formerly, SCD in the Young Support Group)
c/o Irish Heart Foundation
Telephone: 01 6685001, Locall 1890 432 787 or 087 3232552
Email: info@irishheart.ie

Easy Read



Coronary Heart Disease Information by Easy Health

http://www.easyhealth.org.uk/sites/default/files/CoronaryHeartDisease_0.pdf



Keep Yourself Healthy a Guide to Having a Healthy Heart

www.easyhealth.org.uk



Rapid Rounds

The science of assessing the outcomes and improving the quality of the congenital and paediatric cardiac care.: Current Opinion Cardiology (2015) 30(1),100-11

<http://www.ncbi.nlm.nih.gov/pubmed/25469591>

Pediatric cardiology the last 50 years.: Journal of Paediatric & Child Health (2015) 51(1),30-3

<http://www.ncbi.nlm.nih.gov/pubmed/25586842>

Prevalence, Clinical Features and Prognosis of Acute Myocardial Infarction Due to Coronary Artery Embolism. Circulation (2015), June 25 [Epub ahead of print]

<http://circ.ahajournals.org/content/early/2015/06/25/CIRCULATIONAHA.114.015134.abstract>

Update on Prevention of Cardiovascular Disease in Adults With Type 2 Diabetes Mellitus in Light of Recent Evidence: A Scientific Statement From the American Heart Association and the American Diabetes Association Circulation (2015) 132(8), 691-718 <http://www.ncbi.nlm.nih.gov/pubmed/26246173>

Should Oxygen be given to patients with Acute Myocardial Infarction?: British Cardiovascular Society (2015)

http://www.bcs.com/pages/news_full.asp?NewsID=19792409

Early Cardiopulmonary Resuscitation in Out-of-Hospital Cardiac Arrest: New England Journal of Medicine (2015) 372, 2307-2315 <http://www.nejm.org/doi/full/10.1056/NEJMoa1405796>

Systematic Reviews

Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies BMJ , (2015) 351 <http://www.bmj.com/content/351/bmj.h3978>

Field triage in the ambulance versus referral via non-percutaneous coronary intervention centre in ST-elevation myocardial infarction patients undergoing primary percutaneous coronary intervention: A systematic review Eur Heart Journal Acute Cardiovasc Care.(2015).[Epub ahead of print]

<http://acc.sagepub.com/content/early/2015/08/11/2048872615600098.abstract>

Liberal or restrictive transfusion after cardiac surgery: New England Journal of Medicine (2015) 372(11), 997-1008. <http://www.ncbi.nlm.nih.gov/pubmed/25760354>

Transfusion triggers for guiding RBC transfusion for cardiovascular surgery: a systematic review and meta-analysis. Critical Care Medicine (2014) 42(12), 2611-24

<http://www.ncbi.nlm.nih.gov/pubmed/25167086>

Blood transfusions in cardiac surgery: indications, risks, and conservation strategies. Annals of Thoracic Surgery (2014) 97(2), 726-34 [http://www.annalsthoracicsurgery.org/article/S0003-4975\(13\)01880-8/pdf](http://www.annalsthoracicsurgery.org/article/S0003-4975(13)01880-8/pdf)

Health care-associated infection after red blood cell transfusion: a systematic review and meta-analysis. JAMA. (2014) 311(13), 1317-26

<http://jama.jamanetwork.com/article.aspx?articleid=1853162>



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Professional
Organisations

Amazon

Guidelines:

Guidelines are available via NICE, Royal College of Obstetrics & Gynecology, ACC/AHA joint guidelines, European Society of Cardiology

Atrial Fibrillation : Management of Atrial Fibrillation NICE Guideline 2014

<https://www.nice.org.uk/guidance/cg180/resources/guidance-atrial-fibrillation-the-management-of-atrial-fibrillation-pdf>

Acute Heart Failure Diagnosing and Managing Acute Heart Failure in Adults NICE Guideline 2014 <http://www.nice.org.uk/guidance/cg187/resources/guidance-acute-heart-failure-pdf>

Hypertension - Diagnosis and Management Guideline 2015

<http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/hypertension>

2014 AHA/ACC Guideline for the Management of Patients With Non–ST-Elevation Acute Coronary Syndromes A Report of the American College of Cardiology/American Heart Association <http://circ.ahajournals.org/content/130/25/e344>

European Society of Cardiology Clinical Practice Guidelines 2015

<http://www.escardio.org/Guidelines-&Education/Clinical-Practice-Guidelines/ESC-Clinical-Practice-Guidelines-list/listing#>

Cardiac Disease and Pregnancy RCOG Guideline 2011

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/good-practice-13/>

Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents, National Heart Lung and Blood Institute (US)

http://pediatrics.aappublications.org/content/128/Supplement_5/S213.full



UPCOMING EVENT

The Irish Heart Foundation Tour Of The Midlands with Sean Kelly
4th October 2015.

Entry Closing Date: 27th September 2015

Distance: 80km/120km. Tullamore Harriers Sports Arena, Tullamore, Co. Offaly

http://www.irishheart.ie/iopen24/sean-kelly-tour-midlands-2015-t-10_26_1298.html

Patient Education & Information

Heart Attack HSE <http://www.hse.ie/portal/eng/health/az/H/Heart-attack/>

Warning Signs of a Heart Attack

http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp

Heart Attack Explained http://www.irishheart.ie/iopen24/heart-attack-t-7_19_61.html

Cardiomyopathy Information <http://www.cardiomyopathy.org/types-of-cardiomyopathy/intro>

Menopause and Heart Disease

http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Menopause-and-Heart-Disease_UCM_448432_Article.jsp

British Heart Foundation / Your Stories

<https://www.bhf.org.uk/community/your-stories>

YouTube videos

Heart Attack Awareness Campaign Irish Heart Foundation

https://www.youtube.com/watch?v=wzJ4e7zh2_k

10 minute Living Room Workout – British Heart Foundation

<https://www.youtube.com/watch?v=O5YX5xg8Seq>

Restart a Heart , how to do Hands only CPR – Irish Heart Foundation

<https://www.youtube.com/watch?v=cUqdqheqzJq&list=UUPNCMgN1tlvqDdSBKi-u39Q>

Hands Only CPR

1. Call 999 or 112
2. Kneel down & place two hands on centre of chest, joined on top of each other, with arms straight
3. Start compressions pushing down hard about 2 inches on top of chest at 100 beats per minute. (to the time of the Bee Gees Song Staying Alive)
4. Don't stop until help arrives

DISCLAIMER

This newsletter contains information about Heart Health This information is **not advice** and should not be treated as such.

This month's issue was compiled by a collaborative group of health librarians.

We are: **Joanne Callinan**, Milford Care Centre; **Marie Carrigan**, St Luke's Radiation Oncology network; **Bernadette Coley**, Temple St University Hospital; **Isabelle Delaunois**, University Hospital Limerick; **Catherine Dillon**, HSE, **Grace Hillis**, Daughters of Charity Disability Support Services; **Aoife Lawton**, Dr Steeven's Hospital Dublin, **Anne Madden**, St Vincent's University Hospital Dublin, **Margaret Morgan**, Midland Regional Hospital Mullingar, **Caroline Rowan**, St Michael's Hospital Dublin, **Niamh O'Sullivan** Irish Blood Transfusion Board