Original Research Paper

Management

A STUDY ON AWARENESS OF CARDIOVASCULAR RISK DETERMINANTS IN PATIENT'S ATTENDER PRESENTING FOR ECHO CARDIOGRAPHY

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ABSTRACT
Introduction: Adequate awareness of cardiovascular diseases (CVD) and their risk factors may help reduce the population's exposure to modifiable risk factors and thereby contribute to prevention and control strategies. **Aim**: To access the awareness of cardiovascular risk determinants in patient's attender presenting for echo cardiography. **Methods:** This observational study was done in attender presenting with patient at the time cardio echography. Data was collected by interviewing the patient attender by using pre tested semi-structured questionnaire. **Results**: 48% of participants were able to acquire a score of 20 and above from a total of 25, where as 52% of participants scored below 20. Overweight was considered as a major risk factor (68%) for heart disease by the participants followed by high cholesterol level (76%) ,High blood pressure level (72%) and Smoking (92%). **Conclusion:** We have found sub-optimal levels of knowledge regarding cardiovascular disease risk factors. Community education on CVDs, targeting especially populations with low socio-economic status, may be beneficial in the combined efforts to achieve the reductions in heart attacks, strokes and other cardiovascular diseases

KEYWORDS : Cardiovascular disease Awareness Risk factors

INTRODUCTION

Cardiovascular diseases (CVD) are the major cause of mortality globally, as well as in India. They are caused by disorders of the heart and blood vessels, and includes coronary heart disease (heart attacks), cerebrovascular disease (stroke), raised blood pressure (hypertension), peripheral artery disease, rheumatic heart disease, congenital heart disease and heart failure. Common modifiable risk factors namely physical inactivity, unhealthy diet, harmful effects of tobacco and alcohol and other habit forming substances have been identified. Controlling the common modifiable risk factors shall help in prevention and control of cardiovascular diseases. According to the Global Burden of Disease study age-standardized estimates (2010), nearly quarters (24.8%) of all deaths in India are attributable to CVD. The age-standardized CVD death rate of 272 per 100 000 population in India is higher than the global average of 235 per 100 000 population. However, there is a major gap in knowledge, especially regarding the causes of death in rural India; Global Burden of Disease estimates are based on smaller community-based studies. The level of awareness of cardiovascular health modifiers among the Indian population has not been clearly quantified.

AIM

To access the awareness of cardiovascular risk determinants in patient's attender presenting for echo cardiography.

METHODS

This observational study was done in attender presenting with patient at the time cardio echography. Data was collected by interviewing the patient attender by using pre tested semi-structured questionnaire. Inclusion criteria: The entire patient's attender above 18 years will be included in the study.

RESULTS

50 participants were included in the study, 30 (60%) male and 20 (40%) female within 30 – 70 years of age, over a period of one month. This study was carried out to evaluate the Knowledge of risk factors for cardiovascular disease among the adult population. Based on Heart Disease Fact Questionnaire (HDFQ) Questionnaire, 48% of participants were able to acquire a score of 20 and above from a total of 25, where as 52% of participants scored below 20. Overweight was considered as a major risk factor (68%) for heart disease by the participants followed by high cholesterol level (76%) ,High blood pressure level (72%) and Smoking (92%). Few participants were unaware of older age being a greater risk factor (10%) while some

participants did not know family history of heart disease (32%), diabetes as co-morbidity (46%) as risk factors. 66% knew that male diabetic patients are at higher risk when compared to female diabetic patients. Regular physical activity (89%) and exercising at gym (92%) were considered as factors that help lower chances of developing heart disease, by the participants.
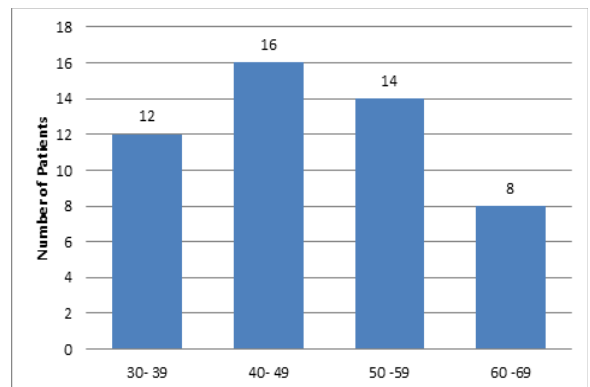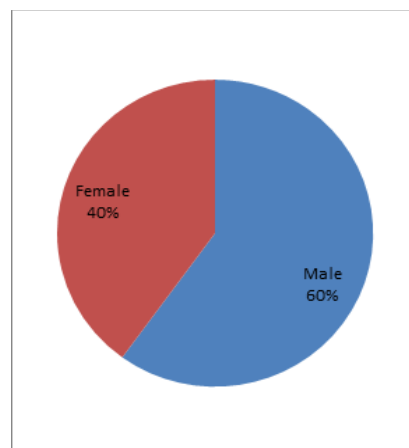

Figure: 1 Distribution of age

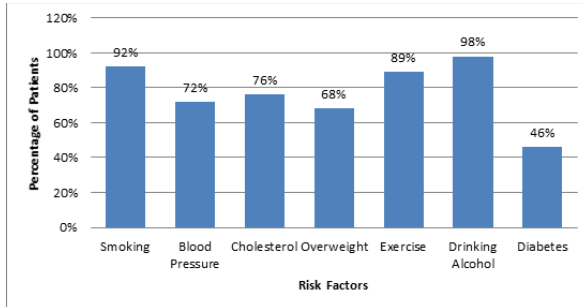**Figure: 2 Distribution of Gender**

Figure   Distribution of Patients correctly about Risk factors of heart diseases

DISCUSSION

According to WHO, by 2030, almost 25 million people will die from CVDs. CVD risk factor awareness and knowledge are believed to be prerequisites for adapting lifestyle behavior. Up to 90% of cardiovascular disease may be preventable if established risk factors are avoided. Currently practiced measures to prevent cardiovascular disease include: Smoking cessation reduces risk by about 35%. Dietary interventions are effective in reducing cardiovascular risk factors over a year, but the longer term effects of such interventions and their impact on cardiovascular disease events is uncertain. At least 150 minutes (2 hours and 30 minutes) of moderate exercise per week. People who moderately consume alcoholic drinks have a 25 - 30% lower risk of cardiovascular disease. However, people who are genetically predisposed to consume less alcohol have lower rates of cardiovascular disease suggesting that alcohol itself may not be protective. Excessive alcohol intake increases the risk of cardiovascular disease and consumption of alcohol is associated with increased risk of a cardiovascular event in the day following consumption. Lower blood pressure, if elevated. A 10 mmHg reduction in blood pressure reduces risk by about 20%. Decrease body fat if overweight or obese.

CONCLUSION

We have found sub-optimal levels of knowledge regarding cardiovascular disease risk factors. Community education on CVDs, targeting especially populations with low socio-economic status, may be beneficial in the combined efforts to achieve the reductions in heart attacks, strokes and other cardiovascular diseases

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