Awareness of Warning Signs of Acute Coronary Syndrome among the Patients and Residents in Georgetown, Guyana

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Abstract

Background: Acute Coronary Syndrome represents the most common cause of morbidity and mortality globally. Guyana has the first rank in mortality for cardiovascular diseases with 18.90% total deaths, which are due to late detection. Several risk factors contribute directly to the burden of this disease. Early identification and management of acute coronary syndrome is the basis to decrease the mortality in Guyana. Thus, the present Qualitative study is designed to analyze the knowledge about risk factors and warning signs of acute coronary syndrome.

Method: A survey was conducted in two groups, a set of 9 patients with ACS admitted in cardiac unit seen in GPHC and other with 8 residents of Guyana were enrolled in a descriptive research. Each patient and resident was given a survey form which consists of warning signs such as chest discomfort and risk factors comprising of their lifestyle.

Result: Highest rate of patients experienced chest discomfort and dyspnea i.e.80% and 70%. Only half of them have experienced with vomiting and dizziness and a very low rate of 30% have experience with other symptoms such as fever, neck/jaw pain and indigestion.

Residents have a highest knowledge on chest discomfort and dyspnea i.e.86% and 71% respectively. Sudden dizziness was considered by 49% residents and very low rate of 28% of residents considered vomiting, chronic headache and neck/jaw pain as a warning sign of ACS.

Conclusion: The residents of Guyana have average rate of awareness on the warning signs of ACS. We need to conduct awareness campaign and prophylactic programmes to educate the residents of Guyana and hence can prevent the severity of ACS.

Keywords: Acute Coronary Syndrome; warning signs of ACS; GPHC.