

**Tuesday 11<sup>th</sup> May 2010 (8.00pm AEST)**  
(repeated broadcast Friday 14<sup>th</sup> May at 12:30pm)

*Produced by the Rural Health Education Foundation  
with funding from the Australian Government Department of Health and Ageing*

## **A Finger on the Pulse: Acute Coronary Syndromes**

In 2009, a report by Access Economics estimated that there was nearly 90,000 heart attack and chest pain related hospitalisations in Australia, consisting of first time and repeat events. It was expected that just under 10,000 Australians would die from heart attack, the majority before they reached the hospital. It was estimated that heart attack and unstable angina together costs the community \$17.9bn, of which \$1.8bn is in direct health care costs.

The symptoms of Acute Coronary Syndrome (ACS) are hard to detect, and onset is often sudden. Due to the severity and speed of the onset of ACS symptoms, an efficient and effective treatment path is vital in reducing total deaths and preventing future cases of ACS. At present there are significant gaps in this treatment.

There are a number of barriers to achieving better outcomes for people with heart attack and unstable angina, including: late presentation at hospital; gaps in the effective management of patients in hospitals; patients discharged without appropriate medications; low uptake of cardiac rehabilitation and on-going management programs; and lack of publicly reported ACS data and quality/performance indicators.

With an ageing population, eating more and exercising less, and a rising level of diabetes and obesity, the number of people hospitalised with heart attack or chest pain could double by the year 2030 and reach almost 250,000 by 2050. Thus, ACS is becoming a key Australian health priority.

This program discusses the barriers to achieving better outcomes for people with heart attack, and what can be done to overcome them. It also discusses the treatment of Acute Coronary Syndrome, including the entire spectrum of care from the initial onset of symptoms, hospitalisation, rehabilitation and returning to work; to compliance with ongoing medication. Treatment of ACS in rural and remote areas, as well as Indigenous populations, is also discussed.

### **Learning Outcomes for this program:**

At the end of this program viewers will be able to:

- Identify the risk factors, signs, and symptoms that define a patient as having ACS
- Develop a treatment plan for patients with ACS, including the entire spectrum of care from initial detection to rehabilitation
- Develop a culturally appropriate treatment plan for Indigenous Australians with ACS
- Recognise the barriers to achieving better outcomes for people with heart attack, and develop strategies to overcome them

### **Panel of Speakers**

Chair: **Dr Norman Swan** - Presenter of the Health Report on ABC Radio National

**Professor Derek Chew** - Cardiologist, Roy and Marjory Edwards Heart Foundation Senior Principal Research Fellow in Cardiovascular Outcomes Research, Flinders University, Adelaide, SA

**Ms Suzanne Colby** - Nurse Unit Manager, Emergency Department, West Gippsland Healthcare Group, VIC

**Mr Barry Fewquandie** - Aboriginal Health Worker, Co-ordinator Cardiovascular Health and Rehabilitation Program, Wuchopperen Health Service, QLD

**Dr Peter Joyner** - General Practitioner, Mannum, SA; Deputy Chairman, SA Cardiology Network

Each program in this series is accredited or endorsed for professional development by RACGP, ACRRM, RCNA and APA.

[Find a Satellite viewing site](#)

### **Broadcast details**

#### **Tuesday 11<sup>th</sup> May 2010**

pre-recorded satellite broadcast (on Channel 4) at:

- 8.00pm in ACT, NSW, TAS, QLD & VIC
- 7.30pm in SA & NT
- 6.00pm in WA

(broadcast repeated in WA on Channel 23 at 8.00pm)

#### **Friday 14<sup>th</sup> May 2010**

Repeat satellite broadcast on Channel 23 at:

- 12.30pm in ACT, NSW, TAS, QLD & VIC
- 12 noon in SA & NT
- 10.30am in WA

This program can be webstreamed after the broadcast and will also be available as an audio podcast or downloadable audio MP3 file and DVD.