

# The Heart Manual Quarterly

## Autumn 2023

### Heart Manual Quarterly at a glance

- Warm welcomes
- Upcoming Training Dates
- Updated ESC guidelines
- New usernames for Irish users of the relaxation app
- Research on the impact of excessive salt intake on cardiac health
- Pre-hospital delay in men and women with MI

### Warm Welcomes

Welcome to Emma who recently joined the Heart Manual department as an assistant psychologist. We all wish her well!



### Upcoming Training Dates

#### Heart Manual Training Dates:

We still have spaces left on our Heart Manual training for the **31st of October & 1st of November**.

#### REACH-HF Training Dates:

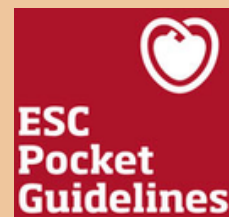
There will also be upcoming training dates for Heart failure confirmed for **6th and 7th February 2024**

Please email our team at [heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk) to reserve a place for your team members.

### Updated ESC guidelines for Heart Failure and myocardial infarctions

The European Society of Cardiology has released the newly updated guidelines of the 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. To read the new guidelines, Myocardial infarction falls under the classification of Acute Coronary Syndromes. The most relevant section is section 13 on Cardiac Rehabilitation and can be found on the ESC website.

Alternatively, the updates have also been made to the ESC pocket guidelines app which can be downloaded on iPhone or android



### New Usernames for the Relaxation App for Users in Ireland

There are now new usernames for the Relax app for users in Ireland. Facilitators can get in touch with the Heart Manual Department to get these new usernames at [heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk)



## Research on the impact of excessive salt intake and stress on cardiac health

The average daily intake of salt per person globally is 10-15g, which far exceeds the physiological requirements, with the World Health Organization targeting less than 5g per day (Costello et al., 2022). Hunter et al., (2022) compiled numerous randomised-controlled trials and observational studies on the impact of salt on cardiac health. There is overwhelming evidence finding salt raises blood pressure and hypertension increasing the risk of cardiovascular diseases.

### Stress



Further disrupts negative feedback loop between HPA axis and Corticosterone leading to dysregulation



Amplified stress response leading to hypotension

Increase in plasma volume and cardiac output



Costello et al., (2022) found a high-salt diet combined with stress may exacerbate the regulation of the HPA axis and further affect cardiac health. On the other hand, maintaining a healthy dietary plan, such as following a Mediterranean diet, may act as a protective factor against salt sensitivity and reduce the risk of psychiatric disorders.



## Pre-hospital delay between men and women with myocardial infarction in Switzerland

The European Journal of Preventative Cardiology has recently published a paper on the pre-hospital delay gap between women and men presenting with ST-elevation myocardial infarctions. From over 15,000 patients between the years of 2002-2019. (Foser-Witassek et al., 2023)

The three main findings found were:

- Over the period, women had significantly longer pre-hospital delays (Median of 180 mins) compared with men (median 150 mins)
- The pre-hospital delay from 2002 to 2019 was reduced for both sexes but significantly more reduced for women.
- At the end of the observation period, no difference in pre-hospital delay times was found between women and men.

How to address the unconscious gender bias

1. Objective protocols and checklists for first line respondents
2. More research using women as only 25% of current research does.
3. Continue campaigns and awareness around cardiovascular disease risk aimed at women and their healthcare professionals

This articles may give hope that the current work driving campaigns to raise awareness for women and myocardial infarctions is having a positive impact (Stehli, 2023)

## Keep in touch with The Heart Manual

Contribute to the Heart Manual Quarterly! Is there a Heart Manual story or memory you would like to share via the newsletter? Please submit to: [heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk).

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