

A Heart Attack Patient's Journey



Adam Bunchuk, RN, BSN

Director - Cardiac Catheterization Lab Valve Clinic,
Vascular Access Team & Dialysis



**PALM BEACH GARDENS
MEDICAL CENTER**

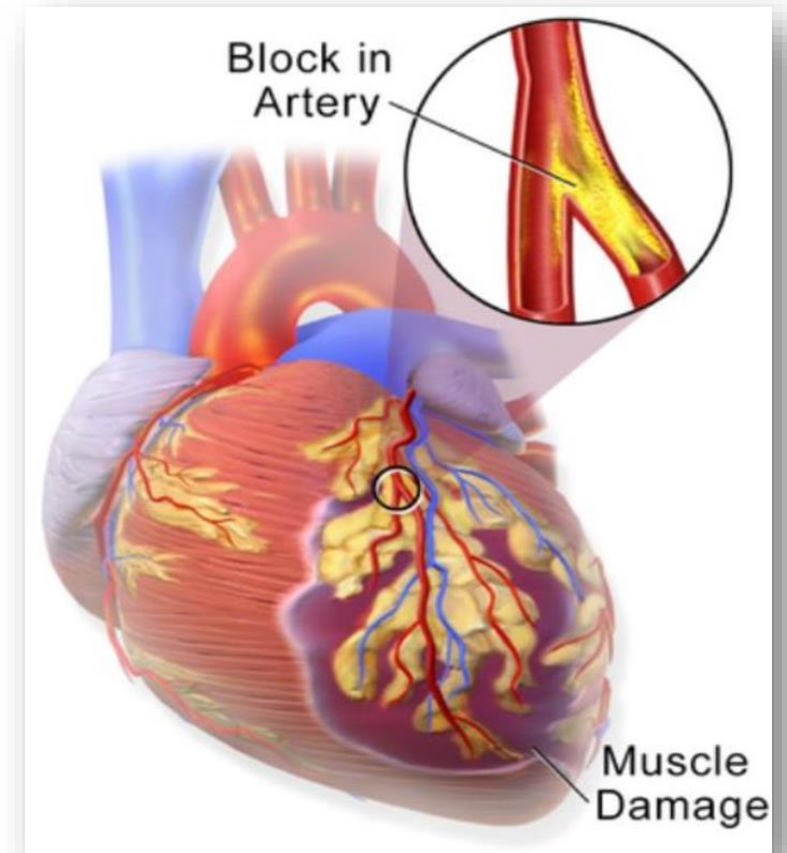
PALM BEACH HEALTH NETWORK

Stronger Together. For You.

Myocardial Infarction

“Heart Attacks”

- Medical Terminology: Myocardial Infarction is referred to as a “Heart Attack”.
- This occurs when a blockage in one or more coronary arteries blocks blood flow to heart muscle.
- This typically results in chest pain.
- A classic indicator is clutching the chest.



Resulting activation of the 911 system

Fire Rescue Departments that transport to PBGMC:

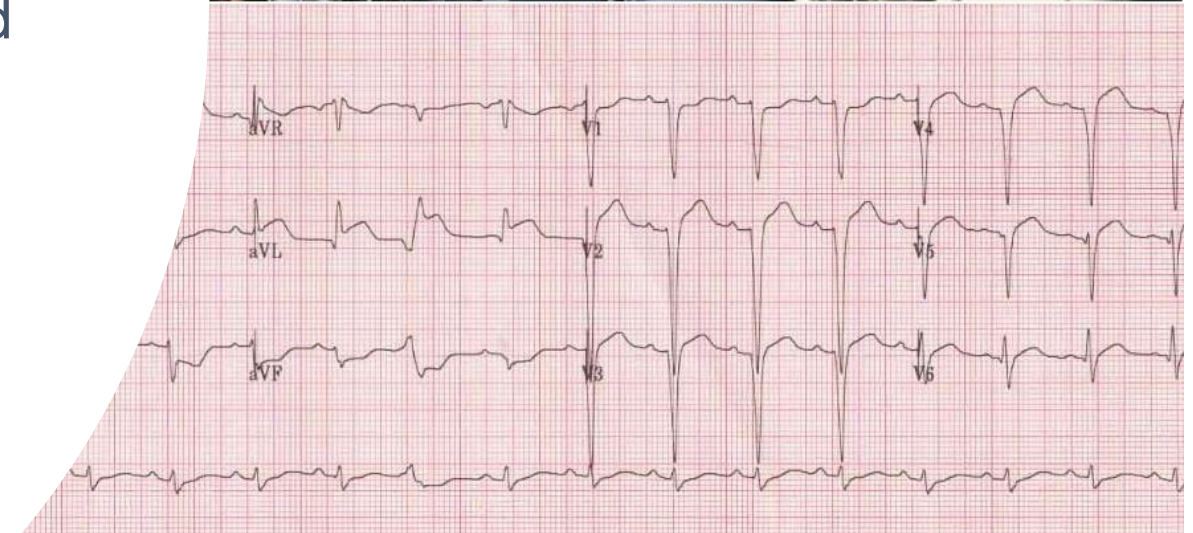


PALM BEACH GARDENS MEDICAL
OUTPATIENT ENTRANCE

EMERGENCY

Advanced Cardiovascular Life Support

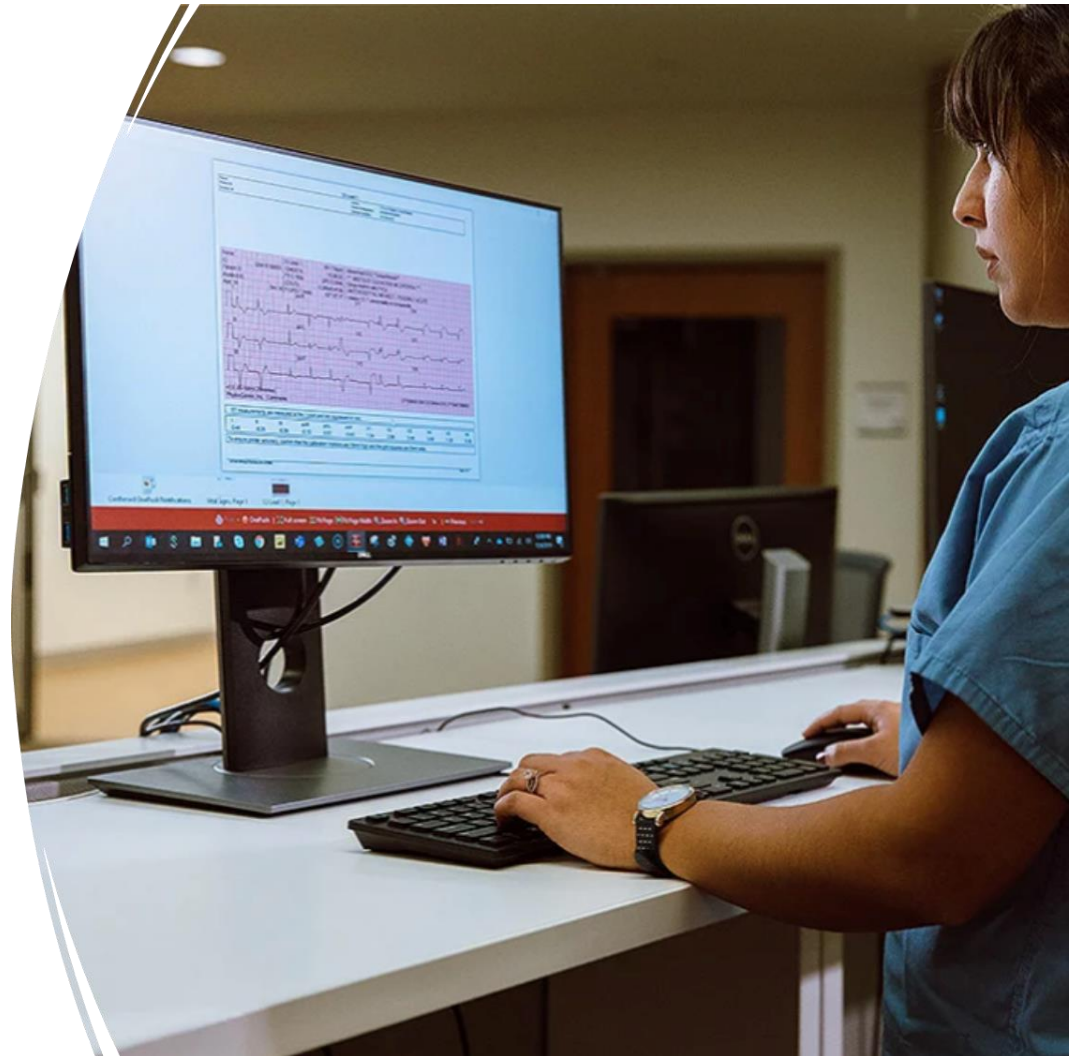
- Paramedics perform an EKG and use their ACLS training to diagnose Myocardial Infarction.
- Key changes in EKG tracings show elevation in ST segments thereby referred to as “STEMI.”
- EKG’s are then transmitted through a cellular modem to the hospital.



The Hospitals Response



- Fire Rescue notifies PBGMC and the EKG is received on a dedicated computer at the Physician's desk.
- ER Physician validates the EKG & notifies Interventional Cardiologist – The STEMI Team is Activated.
- The standard for restoring blood flow is 90 minutes.
- This follows a 30-30-30 rule, 30 minutes for EMS, 30 minutes for ED, 30 minutes for Cath Lab.



National Cardiovascular Data Registry

- All Data is reported to the NCDR



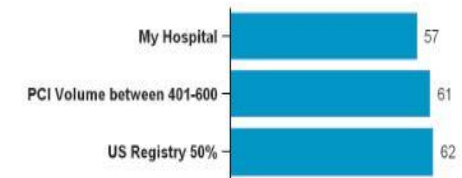
Metric Performance

57 min

My Hospital
R4Q Performance

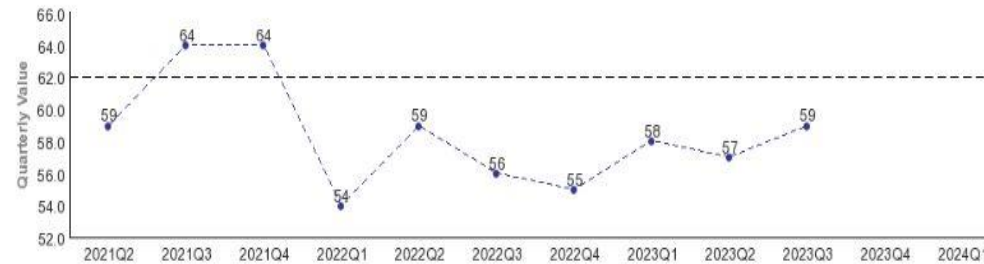


Comparison Group Performance



Historical Performance

Quarterly Trend



Patient Detail



**PALM BEACH GARDENS
MEDICAL CENTER**

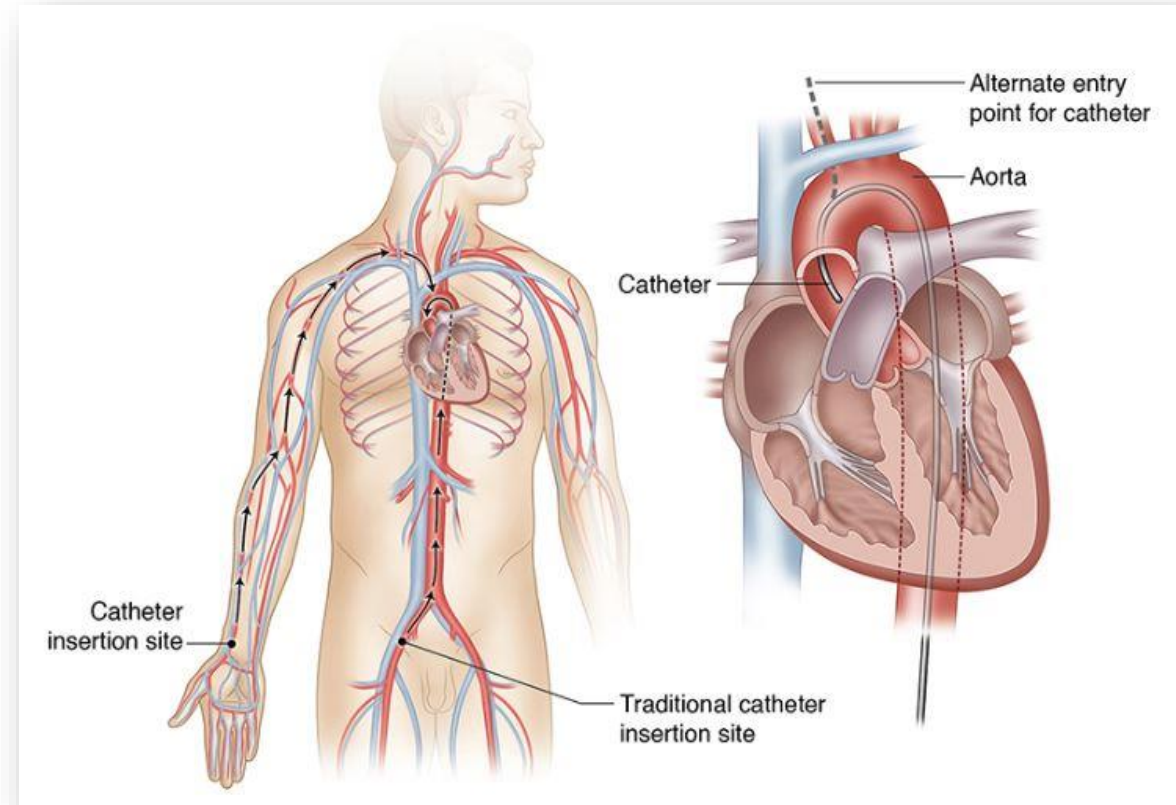
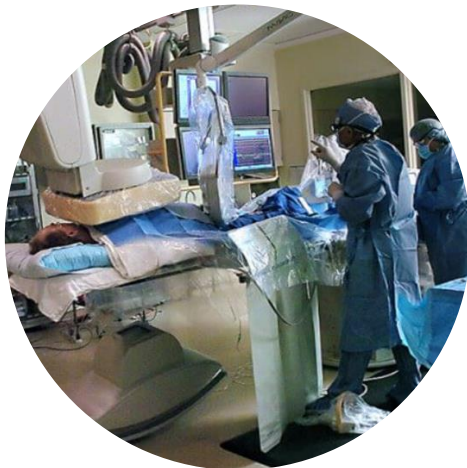
PALM BEACH HEALTH NETWORK

**Cardiac
Catheterization
occurs in one
of our many
Cath Labs**



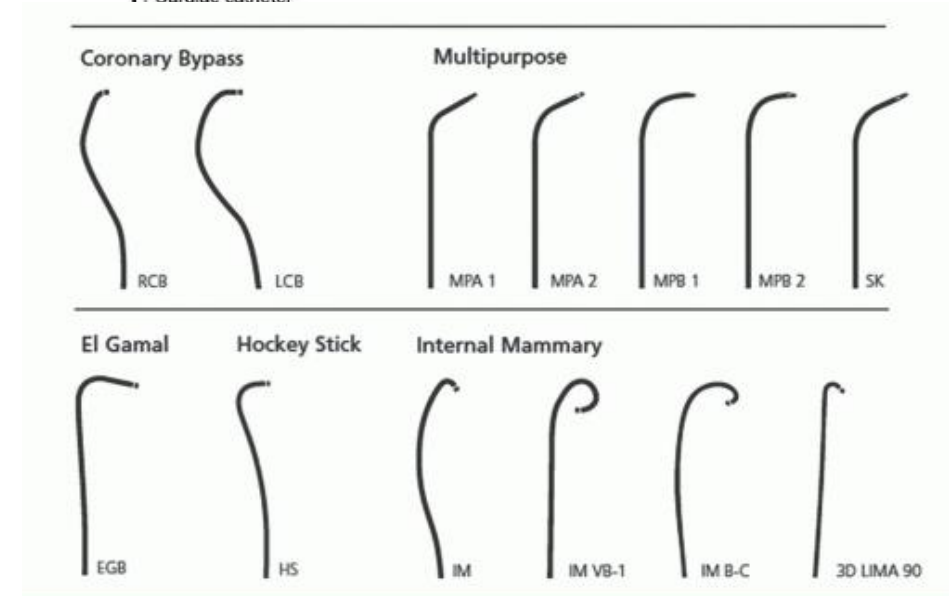
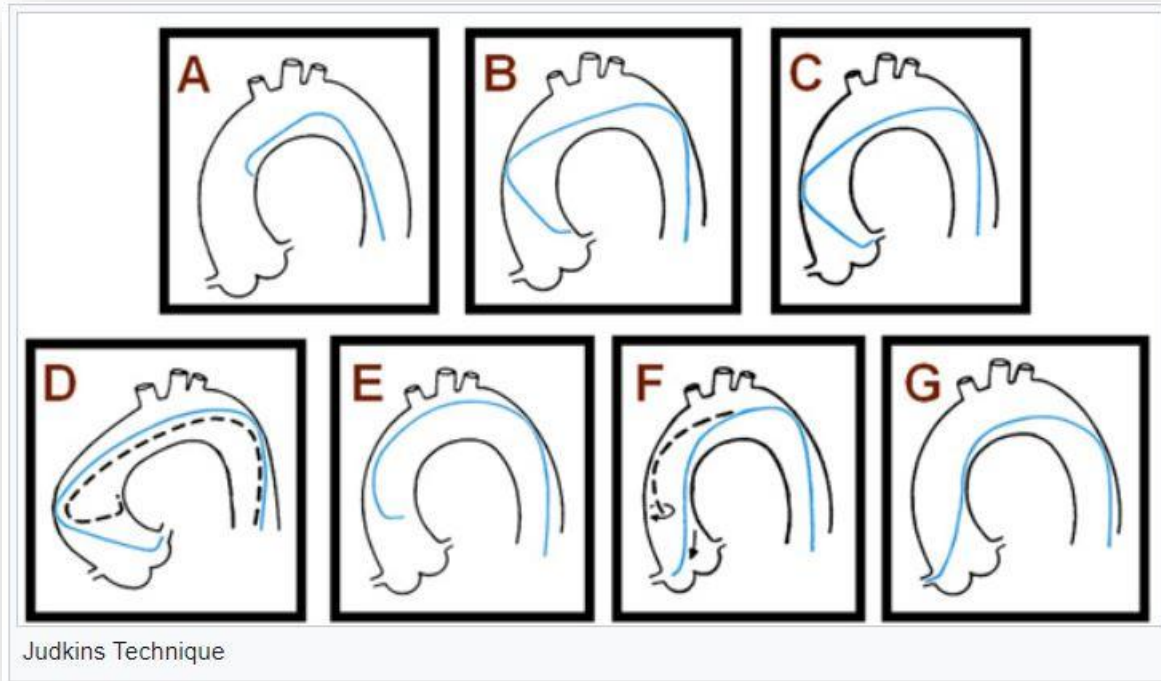
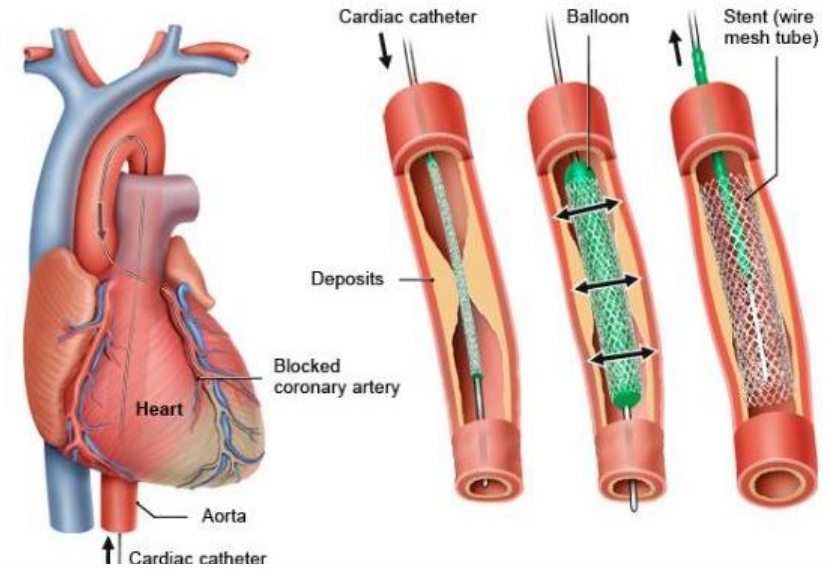
Cardiac Catheterization

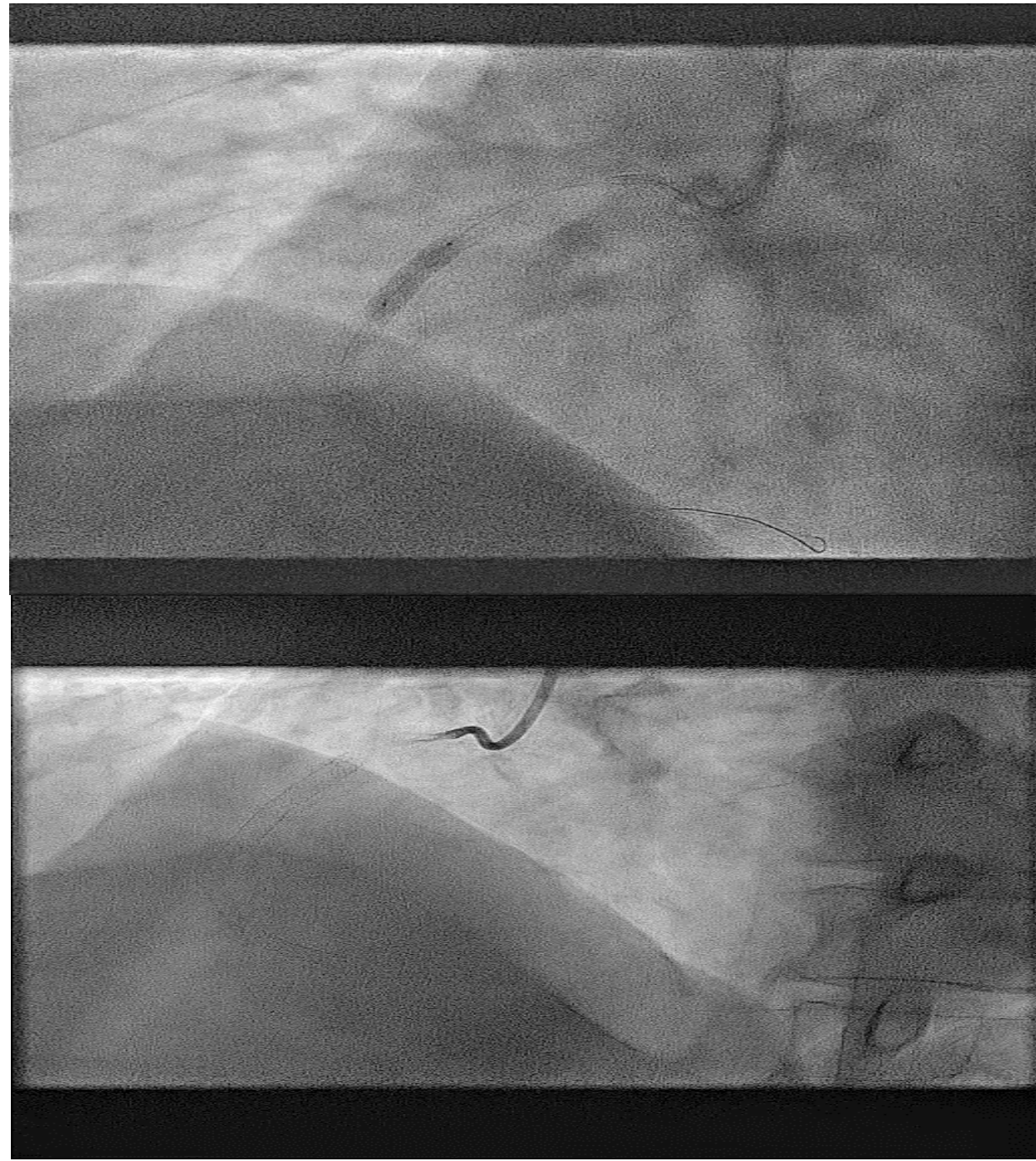
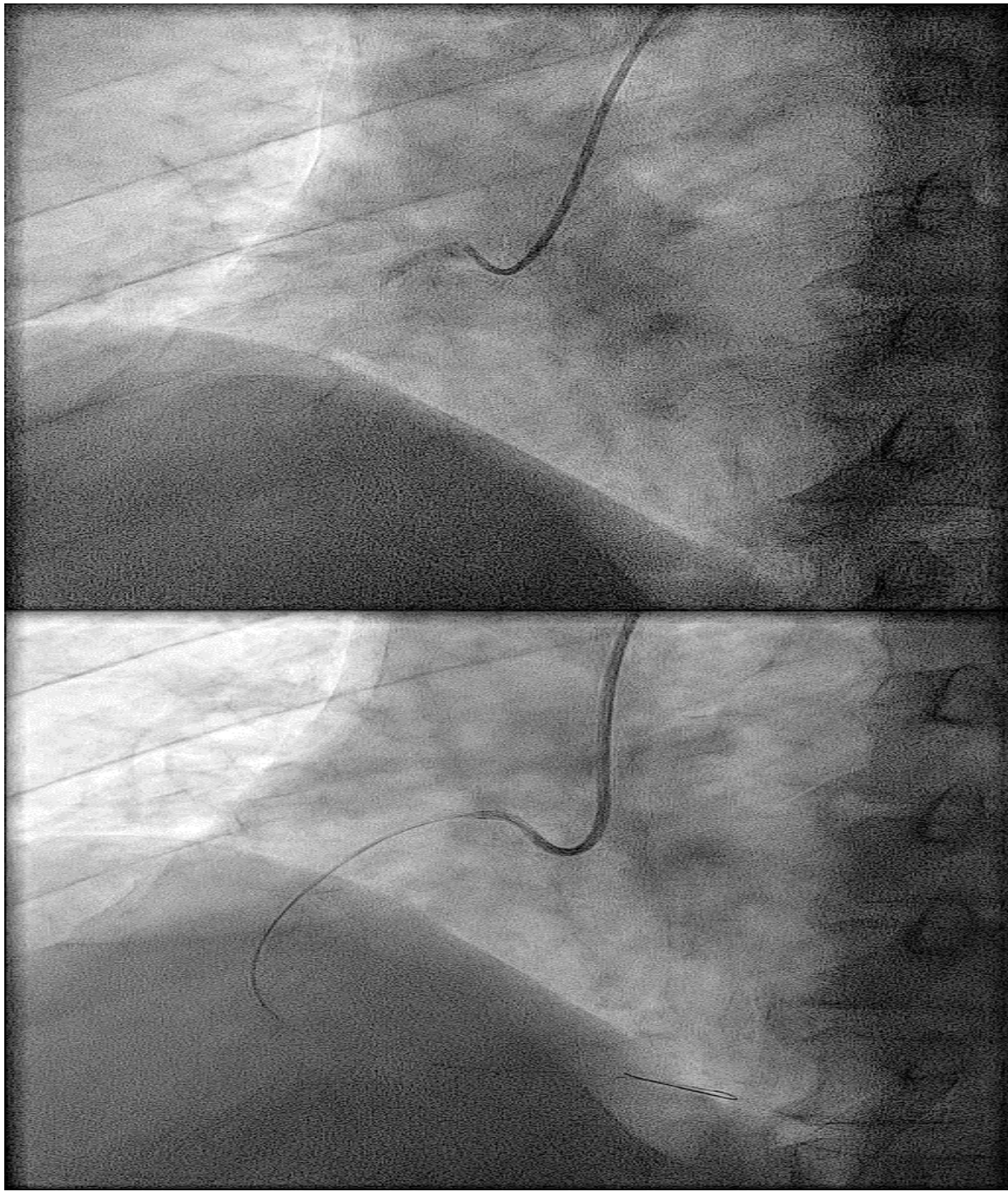
- Patient is placed on the procedure table so that a rotating X Ray can be positioned around the heart
- The procedure is performed through an artery in the groin or wrist
- The Physician will gain access to the artery through a large IV called a sheath
- Wires, catheters, balloons, and stents are inserted through the sheath.



Angioplasty Stenting

- Catheters have different shapes for different coronary arteries and anatomy.
- The balloon/stent is advanced past the blockage and inflated, thereby reducing the blockage.
- A stent is left behind to stabilize the artery.





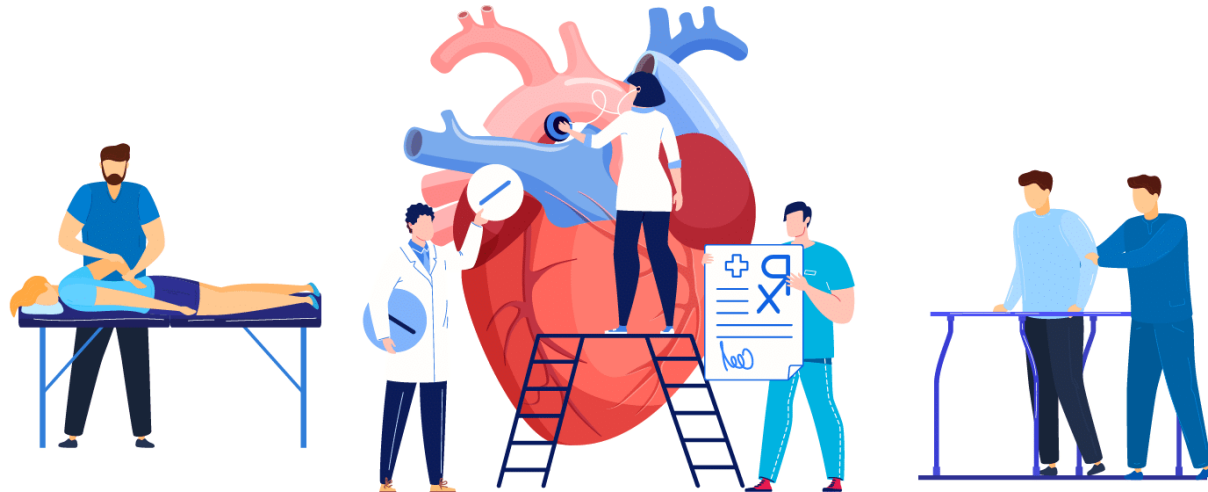
Medication Therapy

- Specific medication therapies are started and tracked throughout the patient's hospital stay.
- Interdisciplinary teams follow the patient and start their pathway to recovery - Cardiac Rehab.



Cardiac Rehabilitation

- Nurse Navigator Kelly Bates will see the patients through discharge and provide cardiac specific education
- Encourage outpatient Cardiac Rehabilitation
- Provides follow up POD 1 and thereafter as needed



Kelly Bates, RN
Cardiac Nurse Navigator

Cardiac Rehabilitation

- Cardiac rehabilitation initiated in hospital.
- Post discharge, outpatient cardiac rehabilitation is initiated.

1 Regular Exercise

From supervised activities, to a daily walk in the park, the idea is to get moving.



2 Adopt a Heart Healthy Diet

This includes meals that are low in salt and rich in whole grains, fruits, vegetables, low-fat meats and fish.



Cardiac Rehabilitation Programs Typically Consist Of The Following 5 Components

5 Stop Smoking

Most cardiac rehab programs offer methods to help you kick this harmful habit.



4 Medical Therapy

Follow your doctor's instructions carefully and take your medications as directed.



3 Reduce Stress

Learn to control your daily stress through relaxation techniques, recreation, music and other various methods.



Cardiac Alert

Rescue 24 – “C” Shift



PALM BEACH GARDENS
MEDICAL CENTER

PALM BEACH HEALTH NETWORK

February 6, 2024

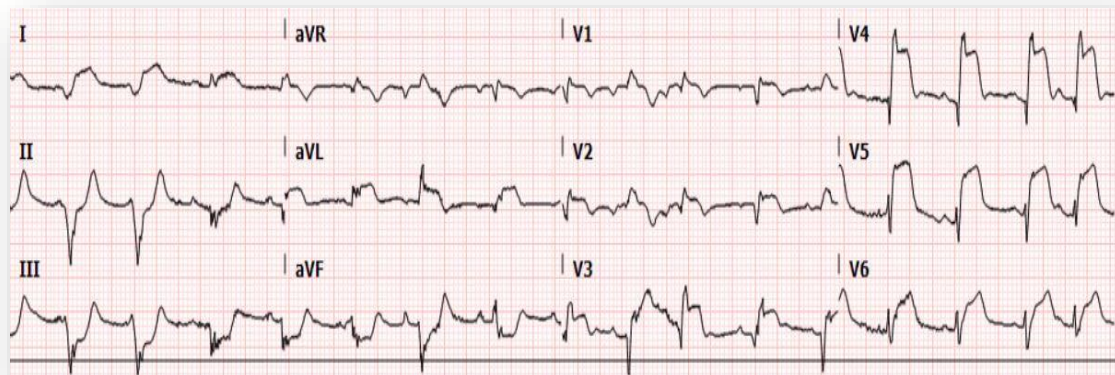
HPI - 76 y/o female, epigastric discomfort

PMH - none reported

Findings:

- Left Main- No obstructive disease
- LAD- 99% proximal, 60% distal
- Circumflex- 40% stenosis
- RCA- 40% stenosis
- LV- Elevated LVEDP- 26mmHg

Outcome - **STEMI** LAD DES x 1, **D2B 48 minutes**



Pre

Post

* Post Procedure STEMI results posted in EMS Lounge