

# REHEARSe

**Recognize & Report Heart Symptoms**

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# Typical Symptoms of a Heart Attack

## Heart attack symptoms

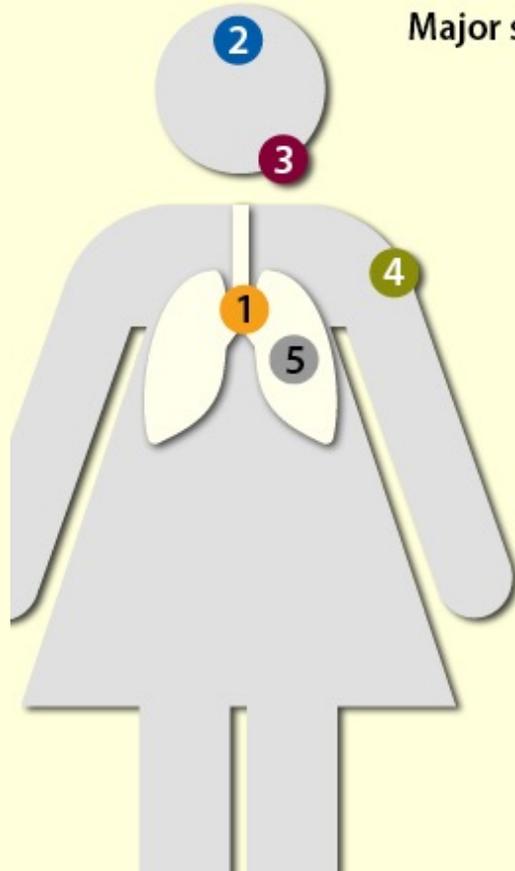
- Chest pressure
  - Chest tightness
  - Crushing
  - Squeezing
- 
- Yet **1 in 3 people** don't have any symptoms when they have a heart attack (called "**silent**" heart attack)



# Signs of a Heart Attack



## Major signs and symptoms of a heart attack in women and men



1

Chest pain or discomfort

2

Nausea, feeling light-headed or unusually tired

3

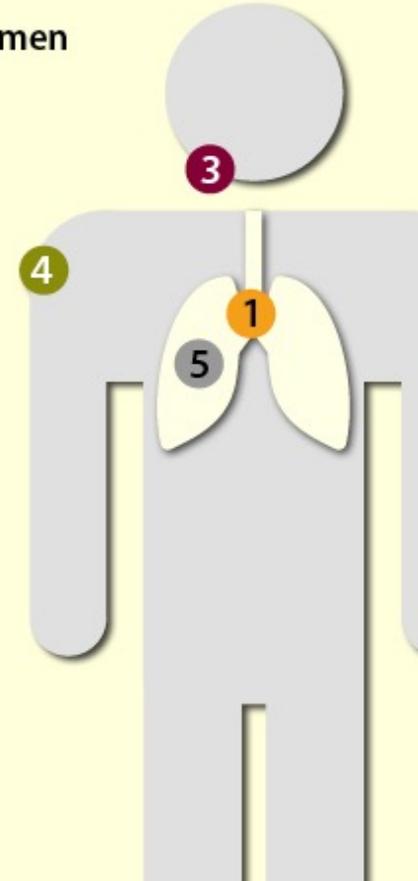
Pain or discomfort in the jaw, neck, or back

4

Pain or discomfort in the arm or shoulder

5

Shortness of breath



## Other Symptoms

- ❖ Shortness of breath
  - most common **angina equivalent** in **women**, the **elderly**, or those with **diabetes**
- ❖ Nausea/vomiting/heart burn
- ❖ Sweating all of a sudden
- ❖ Palpitations or heart racing/beating out of chest
- ❖ Anxiety/lightheadedness
- ❖ Passing out
- ❖ Feelings of impending doom

# Stroke Symptoms

**SPOT A STROKE**  
LEARN THE WARNING SIGNS AND ACT FAST



**B E F A S T**

					
<b>BALANCE</b> LOSS OF BALANCE, HEADACHE OR DIZZINESS	<b>EYES</b> BLURRED VISION	<b>FACE</b> ONE SIDE OF THE FACE IS DROOPING	<b>ARMS</b> ARM OR LEG WEAKNESS	<b>SPEECH</b> SPEECH DIFFICULTY	<b>TIME</b> TIME TO CALL FOR AMBULANCE IMMEDIATELY

 **CALL 911 IMMEDIATELY**

- Paralysis (can't move one side)
- Numbness or tingling in arm or leg (usually on one side)
- Slurred speech
- Severe headache (can be other things)

## Symptoms That Are Not Typically a Heart Attack or Stroke

- Cough
- Lower abdominal pain
- Diarrhea or constipation
- Symptoms lasting just a few seconds

# Stable Angina

## When symptoms may occur

- Physical activity (exercise, work)
- Weather extremes (hot or cold)
- High emotional stress

## Most usually know what brings it on

- Predictable pattern

## What makes it go away

- Rest or one nitroglycerin
- Gone within 5 minutes

## Acute Coronary Syndrome (Unstable Angina or Heart Attack)

- Something is “new” or “different” about the symptoms or when they happen
  - More frequent, lasts longer
  - Progressive, more intense
  - Occurs at rest or may wake you up
- Less predictable pattern
- More associated symptoms
  - Other symptoms besides the “usual” symptoms
- Likely won't go away with rest or nitroglycerin

# Acute Heart Attack

- More common to have warning symptoms
  - Usually within 7-10 days before a heart attack
- Symptoms usually last an hour or more
- Symptoms usually don't totally go away
- More unstable situation
- More associated symptoms
  - More than “just chest pain or pressure”
- Doesn't go away with rest or nitroglycerin



# Women can have different symptoms than men

Pic source: American Heart Association's Journal, Circulation

## Differences in Women's Symptoms

### Women may have more:

- Back, jaw, & neck pain
- Nausea &/or vomiting; indigestion; loss of appetite; heartburn
- Shortness of breath
- Palpitations
- Unusual fatigue
- Dizziness; passing out

# Severity of Chest Pain

- How “bad” (or severe) the chest pain or other symptoms are don’t really mean it is a heart attack or not.
- Many women don’t have “severe” symptoms

**If you are a heart attack survivor, will you recognize if symptoms come back?**

**Keep in mind that you are not “cured”.  
Symptoms may be different with a future heart  
attack.**



# Self-care Skills

## Rehearse these things

- What to watch for (symptom check list)
- Watch for a pattern change (connect to dots)
- Steps to follow if symptoms return (action plan)
- Role play telling someone
  - Sometimes need to call 9-1-1
  - Sometimes call health care team

# Our New Online Education Program

## Who we teach:

- Women with a recent heart attack

## Who teaches the women:

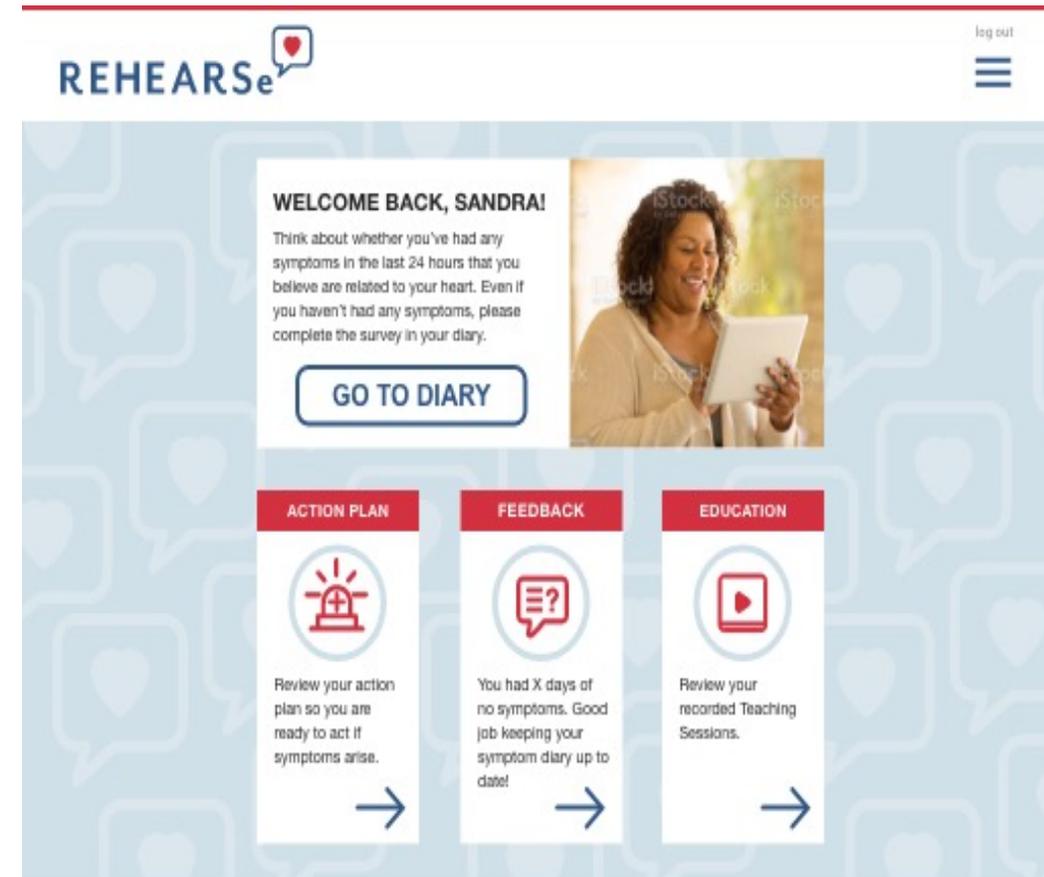
- Nurse experts who have undergone training

## When we teach it:

- Within 7-10 days after leaving hospital
- Online (ZOOM) session for 1 hour; booster session 30 days later

## What we teach:

- What symptoms to watch for
- How to do daily monitoring for recurrent angina symptoms (using an online diary)
- How to use their personalized action plan if symptoms return
- How to communicate with health care team if symptoms return



# Daily Diary

## Symptoms

- How severe
- How long they last
- How often

## Serious

Yes/No

## Actions taken

- Tell someone
- Take nitro
- Did it help
- Did they call
- Did they go to hospital

### YOUR DIARY

June 14, 2021  
11:20 AM

Did you have any of the any of the following symptoms during the last 24 hours that you think are heart related?  
Select YES for each symptom you had. Choose all that apply.

Chest pressure	<input type="radio"/> YES	<input type="radio"/> NO
Chest discomfort	<input type="radio"/> YES	<input type="radio"/> NO
Chest pain	<input type="radio"/> YES	<input type="radio"/> NO
Shoulder pain	<input type="radio"/> YES	<input type="radio"/> NO
Arm pain	<input type="radio"/> YES	<input type="radio"/> NO
Upper back pain	<input type="radio"/> YES	<input type="radio"/> NO
Lightheaded	<input type="radio"/> YES	<input type="radio"/> NO
Short of breath	<input type="radio"/> YES	<input type="radio"/> NO
Unusual fatigue	<input type="radio"/> YES	<input type="radio"/> NO
Nausea	<input type="radio"/> YES	<input type="radio"/> NO
Palpitations	<input type="radio"/> YES	<input type="radio"/> NO
Indigestion	<input type="radio"/> YES	<input type="radio"/> NO
Other	<input type="radio"/> YES	<input type="radio"/> NO

**SYMPTOMS** **ACTIONS TAKEN**

**NEXT**

### YOUR DIARY

June 14, 2021  
11:20 AM

You said you had the following symptoms. Tell us more.

**Chest pressure**  
How many times did you have the symptom?  
 episodes

How severe was your worst episode?  
(1=least severe, 10=most severe)  
 of 10

How long did the longest episode last?  
 minutes

**Upper back pain**  
How many times did you have the symptom?  
 episodes

How severe was your worst episode?  
(1=least severe, 10=most severe)  
 of 10

How long did the longest episode last?  
 minutes

**Indigestion**  
How many times did you have the symptom?  
 episodes

How severe was your worst episode?  
(1=least severe, 10=most severe)  
 of 10

How long did the longest episode last?  
 minutes

**SYMPTOMS** **ACTIONS TAKEN**

**NEXT**

# Symptom Summary

- Shows if pattern developing
- Cues them to “act”
- Summary of symptoms to show health care team



# Example of Action Plan

**Will be personalized to each woman:**

- Some can take nitroglycerin, some can't

**Can be used in many ways:**

- Can be viewed on phone, computer, or tablet; printed hard copy; magnet on refrigerator

**Includes a script to tell others:**

- For calling 9-1-1
- For calling health care team for an appointment
- For sending a message through the electronic health record

**This program will be launched in this summer**

- No cost to the women
- Initially as a research study
- If successful, we hope to roll out to clinical care

## ACTION PLAN

**RECOGNIZE** a change

*Change in bodily symptoms*      *Believed to be heart-related*

**STOP** what you're doing

*Sit down*      *Rest for 5 minutes*

**TELL** others about symptoms

*Tell someone close by*

**TAKE** up to 3 nitroglycerin

*If symptoms continue*      *Take up to 3, 5 minutes apart*

**IF SYMPTOMS CONTINUE  
CALL 9-1-1**

If symptoms resolve (after rest or nitroglycerin):

- Record in diary
- Note whether a pattern is developing
- If a change in pattern is happening, call your health care provider and make an appointment as soon as possible

# Q&A

