Javnozdravstvena akcija u Poliklinici Srčana u Zagrebu povodom Svjetskog dana srca 2014. godine

Public health action by the Institute for Cardiovascular Prevention and Rehabilitation on the occasion of World Heart Day 2014

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UVOD: U sklopu javnozdravstvene akcije koju je u povodu Svjetskog dana srca 2014. godine organizirala Zaklada Hrvatska kuća srca i Grad Zagreb – Gradski ured za zdravstvo, osigurani su besplatni preventivni kardiovaskularni pregledi za osobe u dobnoj skupini 40 do 60 godina koje do sada nisu bile pregledane kardiološki. Cilj rada je izvijestiti o rezultatima provedene javnozdravstvene akcije.

REZULTATI: Dana 27. rujna 2014. godine u Poliklinici za prevenciju kardiovaskularnih bolesti i rehabilitaciju u Zagrebu provedena je javnozdravstvena akcija na koju su se sudionici unaprijed naručivali telefonski nakon što je to objavljeno u medijima. Pozive je primala prvostupnica sestrinstva. Svim ispitanicima skrenuta je pažnja na potrebu dolaska natašte u jutarnjim satima. Po dolasku u ustanovu učinjeno je mjerenje tjelesne težine, visine te opsega struka, a određen je i indeks tjelesne mase. Po učinjenom 12-kanalnom EKG-u pacijentima je izvađena venska krv radi određivanja glukoze i lipida, a po prispjeću nalaza učinjen je pregled interniste ili kardiologa. Ukupno je pregledan 91 sudionik akcije, od čega gotovo 2/3 žene (58/91; 64%). Većina (93%) ispitanika je bila u dobnoj skupini od 40-65 godina, 6% sudionika starije od 65 godina, a samo jedan sudionik je bio mlađi od 40 godina. Samo četvrtina sudionika (26%) imala je normalnu vrijednost indeksa tjelesne mase, 43% ih je bilo prekomjerne tjelesne težine, a 31% pretilo. Povišene vrijednosti arterijskog tlaka registrirane su u 45% sudionika akcije, od kojih je već polovica znala za arterijsku hipertenziju. Dislipidemija je registrirana u 55% sudionika akcije, od kojih je njih 14% znalo za dislipidemiju od ranije. Povišena vrijednost GUK-a bila je registrirana u 2% ispitanika, koji su prije imali dijagnosticiranu intoleranciju glukoze.

ZAKLJUČAK: Rezultati ove javnozdravstvene akcije pokazuju visoku prevalenciju promjenjivih rizičnih čimbenika kod sudionika između 40 i 65 godina starosti, koji su činili 90% sudionika. 3/4 sudionika u akciji su bili pretili, gotovo polovica je imala povišeni arterijski tlak i/ili dislipidemiju. Rezultati ukazuju na veću potrebu za provođenjem preventivnih javnozdravstvenih akcija u ovoj populaciji.

INTRODUCTION: The public health action for World Heart Day 2014 was organized by the Foundation of Croatian Heart House and the City of Zagreb - City Office for Health. Free preventive cardiovascular screening was provided for people aged 40-60 years who had not yet undergone a cardiological examination. The aim of this paper is to report on the results of this public health action.

RESULT: On 27 September 2014, the Institute for Cardiovascular Prevention and Rehabilitation in Zagreb conducted a public health action which was announced beforehand in the media. Participants could arrange an examination by phone in advance. Calls were answered by one BSN. All participants were informed about the need to come in the morning on an empty stomach. Upon arrival at the institution their body weight, height and waist circumference was measured, and their body mass index was calculated. A 12-channel ECG was done on all patients. Venous blood samples were taken in order to determine the glucose and lipid levels and once the findings were available an internist or cardiologist examined the patients. A total of 91 patients participated in the action, of which almost two thirds were women (58/91, 64%). Most (93%) of the participants were in the age group 40-65 years, 6% of them were older than 65 years, and only one participant was younger than 40 years. Only a quarter of the respondents (26%) had a normal body mass index, 43% were overweight, and 31% obese. Elevated blood pressure was observed in 45% of participants, and half of them already knew about hypertension. Dyslipidemia was registered in 55% of participants, out of which 14% already knew about dyslipidemia. Elevated blood glucose value was registered in 2% of the patients, all of them had previously been diagnosed with glucose intolerance.

CONCLUSION: The results of the public health action indicate a high prevalence of variable risk factors in the participants aged 40-65 years, who made up over 90% of the participants. Three quarters of the participants in the action were overweight or obese, nearly half had elevated blood pressure and/or dyslipidemia. The data suggests the need for more frequent health actions in this age group.

LITERATURE

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