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Evaluation of general public knowledge about heart attack prevention methods in Baghdad city

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Abstract

Stroke is considered a serious heart disease that affects the heart and blood vessels and may pose a major risk to human health in general. Awareness and prevention of heart attack is important in order to reduce this error. People may differ in their knowledge about ways to prevent heart attack, and this depends on the education and information that people have.

Aim of the study: this research aims to evaluate people's knowledge about ways to prevent heart attacks that affect people's general health and to identify the factors that affect the level of knowledge such as previous experiences with heart diseases, cultural background, age and education.

Methodology: A cross-sectional descriptive study was conducted in the city of Baghdad from 2\2\2024 to 2\6\2024 in order to evaluate people's exhibitions about methods of preventing heart attacks in the city of Baghdad.

Results: This study was in the city of Baghdad in order to evaluate people's knowledge and methods of preventing heart attacks. Most of the participants in this study were within the age group of 30 to 35 years and constituted 30% and most of them were from urban areas living in the city of Baghdad and their percentage was 26% and also most of the participants had an intermediate level of education and their percentage was (55%) graduates of institutes and their percentage was (44%) Study conclusions: This study confirmed the necessity of continuing research in this field in order to understand the precise mechanics of heart attacks and determine methods of prevention and treatment. Of course, methods of preventing heart attacks may depend on a variety of factors, including: Personal awareness and advanced medical techniques for people with heart attacks, as well as genetic and environmental factors and lifestyle changes, as well as genetic factors that have a significant impact and also changing lifestyle such as a healthy diet and regular exercise, as a healthy diet plays a major role in the possibility of reducing heart attacks.

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Keywords: Evaluation, general public, knowledge, heart attack, prevention

Introduction

Heart attack is a dangerous medical condition that may pose a major threat to human health. Heart attack may occur as a result of blockage of the arteries that supply blood to the heart muscle ^[1]. When these arteries are blocked, it may lead to damage to part of the heart muscle. The heart is one of the important organs in the human body, as the heart pumps blood and distributes oxygen and nutrients to all parts of the human body ^[2]. The heart muscle depends largely on blood flow to maintain its vital functions. Any interruption in this work or flow may cause a heart attack. This clot may cause physical damage and sometimes lead to death ^[3]. The causes of a heart attack may result from the accumulation of fat or the adhesion of deposits in the walls of

the arteries and lead to hardening of the arteries. The causes of a heart attack may be the formation of a blood clot or blood clot [4]. This blood clot leads to blockage of the arteries. Smoking, high blood pressure, and high cholesterol levels in the blood are among the most important factors that may increase the risk of heart attack. Genetic factors also play a role in increasing this risk [5]. Symptoms of a heart attack in general may occur suddenly. These symptoms may sometimes include nausea, vomiting, and severe pain in the chest area.

Other symptoms may also include dizziness [6]. Cold sweating, pain in the arms or abdomen, and symptoms of colon irritation [7]. Rapid medical intervention is important and decisive in order to save the life of the heart attack patient [8]. Treatment may include the use of medications to break up the clot and restore the flow of the damaged heart muscle, in addition to other medical procedures. It may include surgical intervention such as catheterization, depending on the patient's condition. Therefore [9]. Among the risk factors and early symptoms of a heart attack, it is important to provide immediate and necessary treatment [10]. Reduce damage, and improve the chances of recovery for patients with a heart attack. A heart attack can also be diagnosed by doing a blood test, an electrocardiogram, and an echocardiogram [11]. A heart attack can also be diagnosed from the symptoms and signs that the patient feels [12].

Result

1-the demographical variation

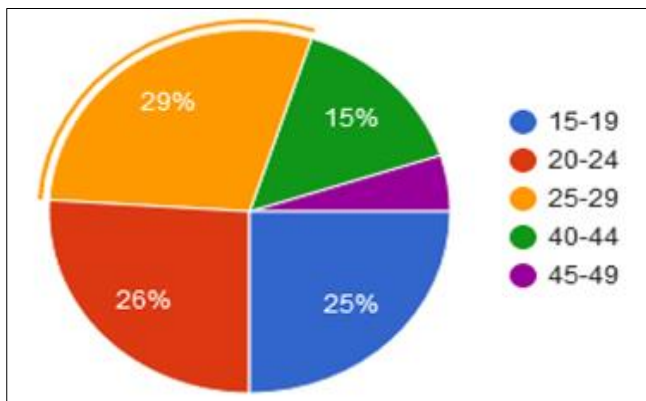


Fig 1: Show the age of the participant

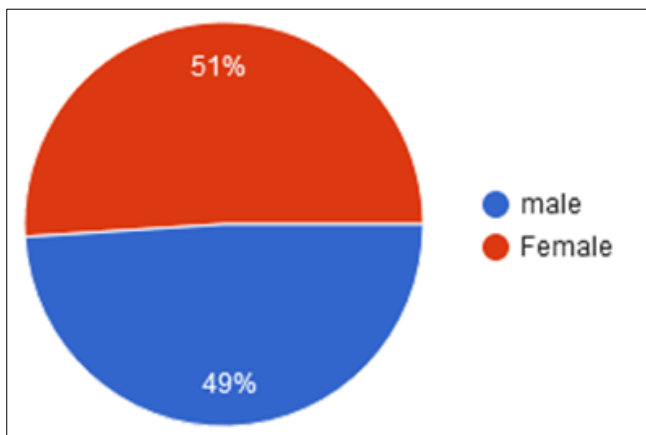


Fig 2: Show the sex of the participant

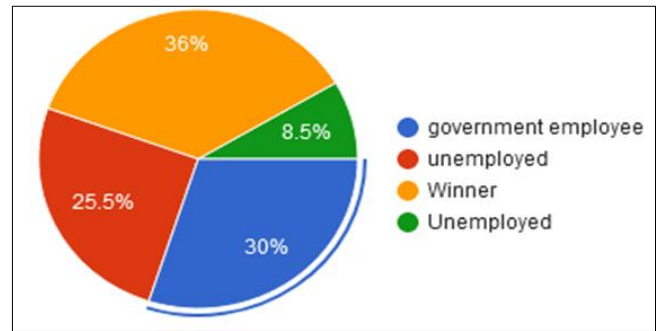


Fig 3: Show the sex of the occupation

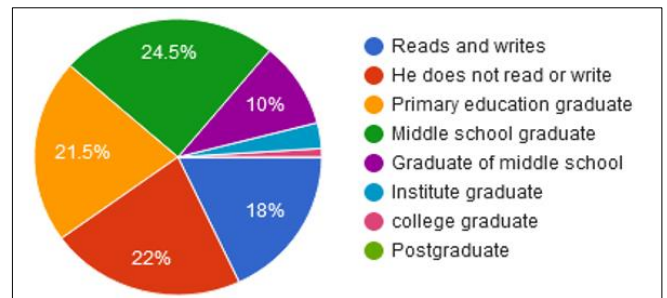


Fig 4: Show the Educational achievement

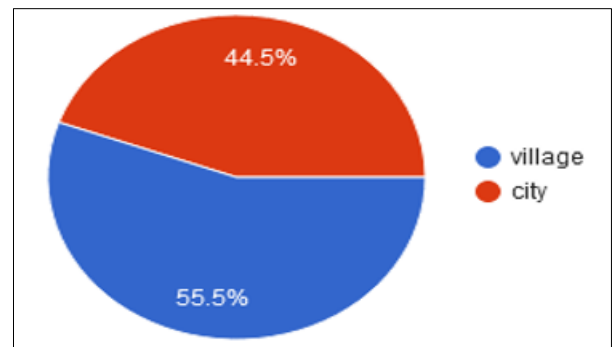


Fig 5: Show the Place of residence

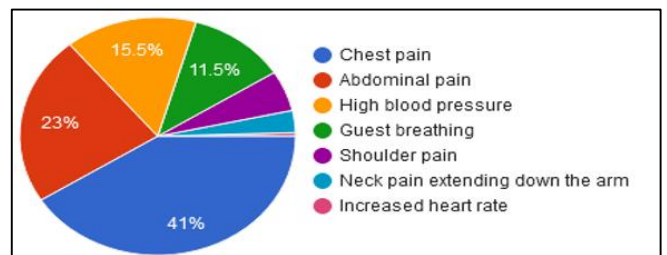


Fig 6: Show the People's knowledge about symptoms and signs of a heart attack

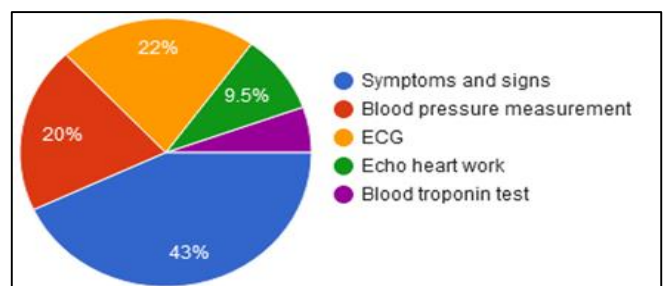


Fig 7: Show the People's knowledge about the diagnosing a heart attack

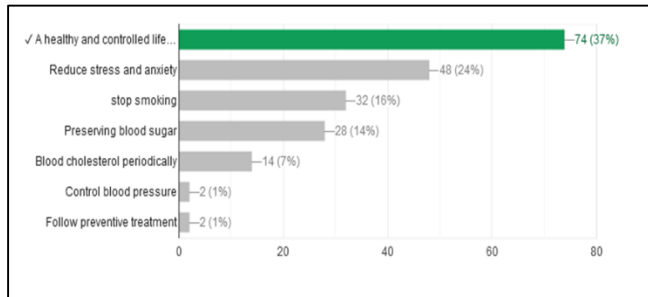


Fig 8: Show the People's knowledge about ways to prevent heart attack

Discussion

As for the demographic characteristics of the sample, most of the participants were in the age group of 29 years, which is consistent with the study conducted in Kuwait in 2014.^[13] As for gender, most of the participants were women, representing 51%. As for the profession, most of the participants were earners, representing 36%. This study is consistent with the study conducted in America in 2011^[14]. It was found that most of the participants were earners. As for the level of education, most of the participants were middle school graduates, representing 24%. As for the place of residence, most of the participants lived in villages, representing 55%. This study is consistent with the study conducted in Canada in 1998^[16]. As for people's knowledge about the symptoms and signs of a heart attack, most people knew that one of the symptoms and signs of a heart attack is pain in the neck that extends to the bottom of the arm, and their percentage was 41%, and 23% knew that one of the symptoms and signs of a heart attack is chest pain. This study is consistent with the study conducted in Canada^[16]. As for diagnosing a heart attack, the participants knew that a heart attack can be diagnosed through symptoms and signs, and their percentage was 43%, and also through an electrocardiogram, and their percentage was 22%, and also through an elevated blood pressure test, and their percentage was 20%. This study is consistent with the study conducted in 2022^[18]. As for methods of preventing heart attacks, most participants believed that one of the most important ways to prevent a heart attack is to maintain health and control life, and their percentage was 74%, and also reducing stress and anxiety, which reached 48%, and also controlling blood pressure, which reached 28%. This study is consistent with the study conducted in Kuwait in 2014^[13].

Conclusion

Most of the information people have focuses on preventive measures for heart attack such as diet and exercise, as well as risk factors such as smoking, high cholesterol and high blood pressure. However, knowledge may be less detailed about how these factors affect heart health and how to manage them effectively. There is also a lack of knowledge about emergency procedures and treatment techniques such as internal treatment to get rid of a heart attack.

Recommended

The necessity of community education, such as using the media and workshops to educate the general public about preventive measures and protecting heart health from heart attacks, as well as encouraging a healthy lifestyle, such as using a balanced diet, for example, rich in fruits, vegetables, and whole grains, and reducing saturated and trans fats, as well as emphasizing physical activity and practicing sports

on a regular daily basis, such as brisk walking or jogging at rates of no less than 150 minutes per two weeks. Also, these awareness programs include educational and awareness-raising programs about the symptoms of heart attacks, including explaining the early symptoms, the risk factor for heart attacks, and methods of prevention.

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