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Country: **Mexico**

Titel of the project: **First atrial fibrillation register for the population of the state of Jalisco in Mexico.**

Project details

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Investigación Clínica Especializada

Award amount: €100,000

Mexico's population has a large number of risk factors for cardiovascular disease, as it is the primary cause of death. In Jalisco there are no data about the topic or about atrial fibrillation, which is why we propose a state survey to generate said information.

Cerebrovascular incidents (CVI) are responsible for around 10% of deaths across the world and a significant cause of disability, if we estimate that 50% of the patients who survive the event require assistance to continue with their activities of daily living (ADLs), which deteriorates their quality of life. 30% of the CVIs are caused by embolisms associated with atrial fibrillation, which is the most prevalent arrhythmia among the population. The pharmacological strategy for its management is clear and conclusive, in order to prevent its complications; it emphasizes the adequate and timely control of hypertension and the use of anticoagulants when arrhythmia is present. ENSANUT 2010, shows a most significant increase in the prevalence of hypertension (HTN) (43.2%), whereby the majority of sufferers (62%) are unaware of their condition and thus do not receive any treatment and only 15.4% have blood pressure (BP) values within the recommended margins set by international guides. The prevalence of diabetes mellitus type 2 has increased to 14%, becoming ever more frequent among those under 40 years of age, and combined with the fact that just 5.29% of the treated diabetics have glycosylated hemoglobin values (HbA1C) below 7.5% the possibility of chronic complications increases significantly. 40% of Mexicans are addicted to tobacco. The 2010 national census reported that Mexico has 113 million inhabitants, with an average life expectancy of 75 years and with prevalences of hypertension of > 60% and diabetes mellitus of > 40% in those of the population aged 60 and above. The increase in the prevalence of atrial fibrillation is very high and there is no register in Mexico recording it or its relationship with incidences of CVI, making it essential for the Mexican Health Service to develop one. Jalisco has 7.5 million inhabitants and is one of the states with the highest levels of development and life expectancies, and given that atrial fibrillation is the most frequent arrhythmia and CVIs are the third cause of death, it is imperative to collect reliable information on the issue. ICLE (Investigación Clínica Especializada = Specialized Clinical Research) is an institution dedicated to clinico-epidemiological research, which generates relevant knowledge with respect to improving life expectancy and quality of life for the public and together with the Cardiovascular Research Unit at the University Center of Health Sciences at the University of Guadalajara (Unidad de Investigación Cardiovascular del Centro Universitario de Ciencias de la Salud de la Universidad de Guadalajara) we propose the first atrial fibrillation register in Jalisco, with the participation of the medical interns from the Social Service of the University Center of Health Sciences at the University of Guadalajara, distributed across the state, to detect the risks in due time as well as the disease itself and reduce the incidence of CVI, improving survival rates and the quality of life for the population of Jalisco. The project will consist in training the 700 medical interns in the AF risk factors, clinical presentations, providing municipal doctors with an OMROM Heartscan ECG screen with one channel for identifying patients with this condition even if they do not present any symptoms, throughout the state of Jalisco, who will subsequently be sent to the ICLE, where they will undergo a complete clinical assessment, be examined, and be fitted with a Holter monitor in order to establish the diagnosis, and then sending them to specialized centers.

Audience

Type

- AF Patients
- Healthcare professionals
- General public

Location

Mexico, North America