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Country: **Mexico**

Titel of the project: **Know your heart rate - take your pulse.**

## Project details

### **Fernando Gongora-Rivera**

Hospital Universitario, Monterrey, Mexico.

Award amount: €100,000

Education and early detection campaign among medical students. The public will receive information and have access to a freephone 01-800 number. Detected cases will be studied to discover the associated factors to heart rate disorders and the presence of ischemic lesions by magnetic resonance imaging of the brain.

This project, entitled "Know your heart rate - take your pulse" is a self-assessment program to detect disturbances in the heart rate and to avoid a cerebral infarction, is aimed at the general public, through an education and early detection campaign regarding atrial fibrillation. It will be carried out with the help of Nuevo León State community health centers, with the participation of students at the Medical Faculty of the Universidad Autónoma de Nuevo León. The main objective is to detect disturbances in the heart rate through self-assessment, taking a pulse in the forearm, with a medical follow-up to confirm cases of probable atrial fibrillation. The public will receive information through leaflets, posters and meetings at both rural and urban Health Centers. Parents will receive information through primary and secondary schools in their own regions. A freephone 01-800 number will also be available for use by the public and by general practitioners to request a more comprehensive medical consultation at our University Hospital for Medical Specialties. Patients with confirmed atrial fibrillation will be invited to take part in an epidemiological investigation to describe their risk factors. Medical questionnaires for functional clinimetrics will be carried out, along with laboratory examinations and magnetic resonance imaging in the brain. The prevalence of ischemic lesions and microbleeds, with or without prior neurological symptoms, will be determined by magnetic resonance brain imaging, along with the levels of any cardiovascular risk markers (homocysteine and interleukins, among others). Finally, we will be able to determine the demographic, clinical and vascular risk variables associated with the presence of cerebral lesions in patients with atrial fibrillation. Effective area: General public in the State of Nuevo León. Head office: Neurology Department, Internal Medicine Department and the University Hospital "José Eleuterio González" at the Universidad Autónoma de Nuevo León, Monterrey, Nuevo León, México. Project phases: 1) Phase I. Distribution and detection of cases of atrial fibrillation. This includes the written information and public meeting campaign. Set-up of the 01-800 number, and specialist consultations to confirm cases of atrial fibrillation. 2) Phase II. Epidemiological investigation. Everybody who has been identified as having Atrial Fibrillation will be invited to take part in an Epidemiological Investigation Protocol, following signature of an informed consent letter, in which laboratory and magnetic resonance imaging studies will be performed in order to discover the prevalence of cardiovascular risk factors. 3) Phase III: The results will be published in an international medical journal.

## **Audience**

### **Type**

- AF Patients
- Healthcare professionals
- General public
- Parents in schools

### **Location**

Mexico, North America