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Country: **Mexico**

Titel of the project: **PRIMARY PREVENTION OF MORTALITY AND MORBIDITY
FROM THROMBOEMBOLIC EFFECTS CAUSED BY ATRIAL
FIBRILLATION**

Project details

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Award amount: €100,000

IT IS THE MOST COMMON CARDIAC ARRHYTHMIA IN THE WORLD AND ALSO THE MOST CURABLE, THE LEAST DIAGNOSED AT EARLY STAGES, IMPLYING THAT IT DEVELOPS WITHOUT HAVING ESTABLISHED A SPECIFIC TREATMENT TO WARD OFF ITS DEVASTATING EFFECTS, ESPECIALLY IN THE BRAIN, AS IT IS THE NUMBER ONE CAUSE OF INCAPACITY AND DEATH.

THE INITIATIVE IS BASED ON INFORMATION AND TRAINING. AS TO THE FIRST SPHERE OF INFLUENCE I SUGGEST TWO ITEMS; FIRST POSTERS LISTING THE MOST COMMON RISK FACTORS AND SYMPTOMS OF ARRHYTHMIA IN ALL PRIMARY UNITS AND MEDICAL PRACTICES ATTENDED BY PATIENTS WITH RISK FACTORS FOR DEVELOPING AURICULAR FIBRILLATION (AF), SO THAT PATIENTS CAN STOP TO THINK ABOUT WHETHER THEY HAVE THE DISEASE. LIKEWISE GIVE OUT MORE DETAILED AND STRIKING BROCHURES ON THIS POSSIBILITY AND ABOVE ALL ON COMPLICATIONS SUCH AS CEREBROVASCULAR DISEASE (CVD) AND ITS CONSEQUENCES, INCLUDING THE HIGH DEATH RATE. THE SECOND ITEM INVOLVES SETTING UP A GROUP OF CLINICAL CARDIOLOGISTS WHO WILL DEVELOP A SIMPLE AND SHORT PROGRAM OF NO MORE THAN 30 MINUTES THAT WILL ENABLE ALL PRIMARY PHYSICIANS TO QUALIFY PATIENTS, WHO WILL HAVE FILLED OUT A QUESTIONNAIRE IN THE WAITING ROOM, ON THE POSSIBILITY OF HAVING AF. PATIENTS WILL PROVIDE PHYSICIANS WITH A 10-MINUTE AUDIO OF DIFFERENT AUSCULTATION IN PATIENTS WITH AF. THEY WILL RECEIVE AS A GIFT A CD WITH "HEART SONGS" OF ATRIAL FIBRILLATION AND BE INSTRUCTED THAT AS AN INITIAL MEASURE THEY MUST IMMEDIATELY SEND THE PATIENT TO A CARDIOLOGIST TO CONFIRM THE DIAGNOSIS, EVEN INSISTING TO THE HEALTH INSTITUTION STAFF THAT, MEETING THE CONDITIONS, THE PATIENT SHOULD BE IMMEDIATELY CHECKED BY A CLINICAL CARDIOLOGIST SIMILAR TO WHAT IS DONE FOR ACUTE CORONARY SYNDROME (ACS).

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients

Location

Mexico, North America