

Heart Attacks

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Heart attacks can be classified into three groups:

- **Sudden Cardiac Arrest** – Where the person's heart goes into arrhythmia
- **Myocardial Infarction or Coronary Occlusion** – Blockage in the coronary arteries which stops the blood from getting to the muscles of the heart
- **Angina** – narrowing of the arteries restricting the flow of blood to the muscles of the heart.

Signs and Symptoms

- Chest Pain
- Pain radiating down the arms, across the shoulders and neck area
- Tightness in the chest, difficulty breathing
- Pale
- Cool clammy skin
- Weak, irregular or rapid heart rate

Treatment

- Call 000
- Place the patient into a comfortable position
- Reassure patient
- Attempt to keep the patients breathing as regular as possible
- If patient suffers from Angina, ask if they have their medication and assist them to give the medication
- If this is a sudden original onset of pain symptoms, if you have aspirin, give a 300mg dose of disolvable aspirin on the patient's tongue
- Keep the patient calm and do not move
- If the patient needs to use their bowels, try to discourage this as it places exertion on the patient
- If person becomes unconscious and not breathing, commence CPR and use a defibrillator if possible

