



RESEARCH ARTICLE

A STUDY TO ASSESS THE FACTORS INFLUENCING PRE HOSPITAL DELAY IN SEEKING MEDICAL TREATMENT AMONG PATIENTS WITH ACUTE MYOCARDIAL INFARCTION IN A SELECTED HOSPITAL, LUDHIANA, PUNJAB, INDIA.

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ABSTRACT

Background: Cardiovascular diseases are main cause of mortality and morbidity worldwide. Acute myocardial infarction needs prompt and urgent diagnosis and therapy. AMI patients often use denial during the first hours and even first days after the initiation of sign and symptoms contributing to Pre hospital delay. Factors associated with prolonged pre hospital delay in patients with AMI are unable to recognize symptoms of heart attack, old age, low socio-economic status, female gender, previous history of hypertension or diabetes and use of over the counter drugs. **Objectives:** - To assess the factors influencing pre hospital delay in seeking medical treatment among patients with Acute Myocardial Infarction. **Methodology:** An exploratory study was conducted on 100 Acute Myocardial Infarction patients in selected areas of Hero DMC Heart Institute, Ludhiana, Punjab. Purposive sampling technique was used to select the sample. Modified Dracup K. Moser DK (1997) Response to Symptom Questionnaire was used to assess the factors influencing Pre Hospital Delay in seeking medical treatment among Acute Myocardial Infarction patients. Data was collected using interview method. **Results:-** The findings of the present study revealed that majority of AMI patients(45%) were having longer Pre hospital delay which is more than 8 hours and the factors influencing pre hospital delay among AMI patients were that they were not able to recognize the symptoms of AMI (74%) followed by visited local doctor(70%), did not recognize the importance of symptoms(60%)etc. Chest pain onset during night and presence of paramedical person in the family and source of information had association with Pre hospital delay time at $p \leq 0.05$ level. **Conclusion:** The study findings concluded that majority of Acute Myocardial Infarction patients were having longer pre hospital delay as they were not able to recognize the symptoms of heart attack contributing to Pre hospital delay. **Recommendations:** It is recommended to plan and organize community awareness programmes focusing on recognizing initial symptoms of AMI and immediate management to reduce Pre hospital delay and seek medical help immediately after symptom onset.

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INTRODUCTION

Cardiovascular diseases are main cause of mortality and morbidity worldwide. Acute myocardial infarction needs prompt and urgent diagnosis and therapy. AMI patients often use denial during the first hours and even first days after the initiation of sign and symptoms contributing to Pre hospital delay. Factors associated with prolonged pre hospital delay in patients with AMI are unable to recognize symptoms of heart attack, old age, low socio-economic status, female gender, previous history of hypertension or diabetes and use of over the counter drugs.

Mohsen Taghaddosi, et al. (2005) conducted a study on Prehospital delay and its associated factors in seeking treatment among patients with Acute Myocardial Infarction. The study conducted was cross sectional in design. 200 patients who were referred to a general teaching hospital (Kashan, Iran) for the treatment of acute MI from April 2004 to March 2005 were recruited for this study. 131 patients had delay in seeking treatment. Factors such as gender, age, economical status, educational level, referring to general physician, severity of symptoms, residential place, time of onset of symptoms, and perception of pain to be of non cardiac origin were responsible for the delay. It was concluded that the education about the symptoms of MI and importance of early referral to the hospital is necessary (Berglin Blohm, 1998).

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Objectives

- To assess the factors influencing pre hospital delay in seeking medical treatment among patients with Acute Myocardial Infarction.
- To find out the association of Pre hospital delay time among acute myocardial infarction patients with selected socio-demographic and clinical variables.
- To prepare and disseminate pamphlets on warning signs and immediate management of heart attack among Acute Myocardial Infarction patients.

MATERIALS AND METHODS

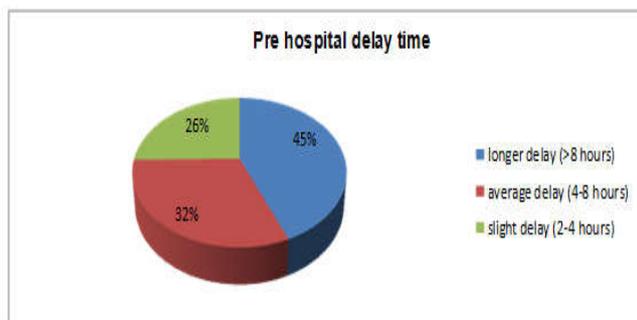
An exploratory study was conducted on 100 Acute Myocardial Infarction patients in selected areas of Hero DMC Heart Institute, Ludhiana, Punjab. Purposive sampling technique was used to select the sample. Modified Dracup K. Moser DK (1997) Response to Symptom Questionnaire was used to assess the factors influencing Pre Hospital Delay in seeking medical treatment among Acute Myocardial Infarction patients. Data was collected using interview method.

RESULTS

The findings of present study revealed that

- Majority of AMI patients (45%) had longer Pre hospital delay which is more than 8 hours.

N=100



Mean and SD: 21.32±28.75
Range: (3-165 hours)

Figure 1. Percentage distribution of Acute Myocardial Infarction patients as per Pre hospital delay time

- According to Antecedents of sign and symptoms majority (84%) of subjects were at home, with spouse and family members and were sitting during onset of symptoms. According to Behavioral response, majority (34%) of subjects told someone and took medication (23%) when they first noticed symptoms. According to Cognitive response (29%) related symptoms to Heart, (48%) thought symptoms were not at all similar to heart attack and (73%) of subjects thought that it is extremely important to visit hospital. According to Emotional response (40%) of subjects were somewhat serious about symptoms and (42%) were somewhat anxious when they first noticed symptoms.
- According to factors influencing pre hospital delay majority (74%) of subjects were not able to recognize their symptoms whereas least (1%) were embarrassed to get help from others.

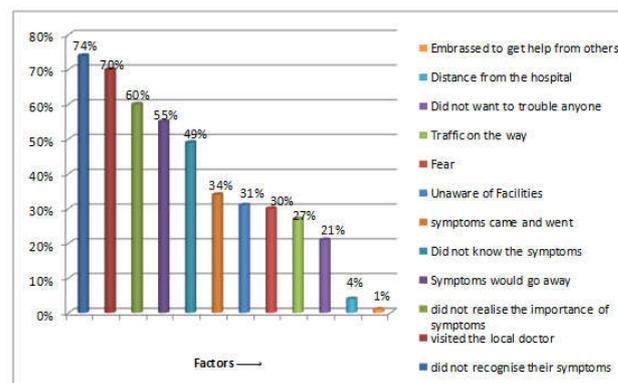


Figure 2. Distribution of acute myocardial patients as per factors influencing pre hospital delay among AMI patients

- Significant association of occupation ($p=0.028$) and socio economic status ($p=0.019$) was found with Pre hospital delay time among socio demographic variables and whereas among clinical variables, time of symptoms onset ($p=0.013$) and consulting paramedical/medical person during onset of symptoms ($p=0.025$) was having significant association with Pre hospital delay time.

Conclusion

The study findings concluded that majority of Acute Myocardial Infarction patients were having longer pre hospital delay as they were not able to recognize the symptoms of heart attack contributing to pre hospital delay.

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