Building Healthier Hearts

Ireland’s Cardiovascular Strategy

A Presentation by

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Background

- Rates of Heart Disease in Ireland
- Incidence and Survival rates
- Lifestyle factors and inequalities
- Building Healthier Hearts published July 1999
Cardiovascular Health Strategy

- 211 recommendations
- Reduce the risk
- Detect those at high risk
- Treat effectively
- Best survival and quality of life outcome for those who recover heart attack.
Implementing Structures

- National and Regional
- Heart Health Taskforce
- Advisory Forum
- Regional Committees
- NCIS
- Heartwatch
- Sudden Cardiac Death Taskforce
EUR 60 million in Five years
Almost 800 Staff recruited
Achievements

New Services
- Heartwatch
- Cardiac rehab
- First responders
- Health promotion
- Chest Pain Clinics

Existing Services
- Detection up 47%
- Investigations up 200%
- 24% drop in waiting lists
- Services nearer people
How Far Have We Travelled?

6 out of 10 recommendations have been implemented
Health Promotion

- Media Campaign ‘Ireland needs a change of Heart’
- 26 additional Smoking Cessation Officers
- All Island campaign ‘Get a Life, Get Active’

- 36 additional community dietitians
- Physical activity coordinators
- GP exercise referral
Primary Care

55 Recommendations

- Heartwatch
- NRT for GMS patients
- Purchase of Equipment
- Training
- Recruitment of PHNs and dietitians
**Pre Hospitals**

18 Recommendations
- Pre Hospital emergency Care Council
- Defibrillators and other equipment
- Staff training
- First responder schemes to target geographically disadvantaged
- Sudden Cardiac Death Taskforce
Hospitals

46 Recommendations

• Staffing and equipment levels enhanced
• Staffing
  - Resuscitation Posts
  - Technicians
  - Nursing
  - 19 Consultant Cardiologists since 1999.
Hospitals

Services

• Pacemaker Service, Chest Pain Assessment Facilities
• Increased non-invasive and invasive diagnosis procedures
Cardiac Rehabilitation

10 Recommendations

• Career Structure for cardiac rehabilitation coordinators

• Many boards developed cardiac rehabilitation service

• Phase 1 and 2 cardiac rehabilitation is now provided in most hospitals
Information Systems, Audit and Research

- NCIS
- CHAIR
- Heartwatch
“Promoting Heart Health – a European Consensus” – 24/25/26 February 2004 in Maryborough House Hotel, Cork

CARDS Conference – 10/11 May 2004 in Hayfield Manor Hotel and UCC, Cork
Ultimate Objective Achieved

Consensus Document was endorsed by the Health Ministers in June 2004
Building Healthier Hearts

The Way Forward
The Way Forward

• Continuity (reform programme)
• Continue to resource
• Finish the job!
• Embed implementation structures in new arrangements