

**Date: 28<sup>th</sup> January, 2020**

## **GOLDEN HOUR CONCEPT IN MYOCARDIAL INFARCTION**

Sree Vidyanikethan College of Nursing organized a guest lecture on **GOLDEN HOUR CONCEPT IN MYOCARDIAL INFARCTION (Heart attack)** by Dr.E.Srikanth, MD, DM, Cardiologist, Padmavathi Cardiac Clinic, and Tirupathi on 28-01-2020 at Dasari Auditorium.



**Dr. E. Srikanth, MD, DM, Cardiologist, Padmavathi Cardiac Clinic, Tirupathi explaining the risk factors of Heart Attack and Life style changes**

While addressing the audience, Dr. E. Srikanth focused on the common risk factors of Heart Attack which includes hypertension, alcoholism, smoking, life style changes & non modifiable risk factors including age, gender, and genetic factors.

Dr. E. Srikanth explained the key role of first aider in maintaining time by quick response to prevent the injury of the heart muscle (myocardium) i.e. **TIME IS MUSCLE AND MUSCLE IS TIME**. He stressed on the baseline treatment like administering Tab. **Aspirin 325** mg loading dose along with **Tab. Statin** to open the blood vessel by destroying the thrombus (blood clot) to improve the blood circulation to the heart muscle.

He emphasized on the golden hour i.e first 20 minutes is very important after complaining of the chest pain, and if the treatment is started immediately then the injury to the heart muscle will be reversible. He enlightened about the current thrombolytic medicines and the importance of window period in heart attack.

Dr. Srikanth also explained the difference between the Heart attack, cardiac arrest, and steps of CPR.



**Dr .E. Srikanth, MD, DM, Cardiologist delivering the lecture**





**Dr. E. Srikanth, Faculty and Students during the Program**





**Students getting their doubts clarified by the Guest Lecturer, Dr. E. Srikanth MD, DM, Cardiologist**



**Dr. S. Anuradha, Principal, College of Nursing convening vote of Thanks**

202 students from college of nursing and 15 faculty members participated in Guest lecture & acquired awareness on first aid management includes, triage during impending signs of heart attack.