

The role of nurses towards heart disease

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Heart disease remains the leading cause of death in the global, the future role of nurses in intriguing and demands education and experience for exploring the quality nursing care of the coronary heart disease. Nurses should be performing model roles in the heart disease but they need encouraging the global warning disease which is known as coronary heart disease. According to the latest WHO data published in 2017 coronary heart disease deaths in Pakistan reached 265,051 or 21.76% of total deaths. The age adjusted death rate is 246.84 per 100,000 of population ranks Pakistan, 13 in the world. The risk factor associated with The risk factor Coronary Heart Disease (CHD) are divided into two parts: 1-Modifiable risk factors can be treated with modification to lifestyle and/or medication, including: cigarette-smoking, diet, weight, exercise, personality/behaviour, diabetes, hypertension and serum cholesterol levels; 2- Non-modifiable risk factors are beyond our control. They include: genetic, age and gender. Acute coronary syndrome often reflects a degree of damage to the coronaries by atherosclerosis. Primary prevention of atherosclerosis is controlling the risk factors: healthy eating, exercise, treatment for hypertension and diabetes, avoiding smoking and controlling cholesterol levels; in patients with significant risk factors, The leading cause of death in the Pakistan was poor diet, lack of health care awareness. This behaviour is modifiable and public health and prevention efforts could make a difference to reduce these deaths. National Institute of Cardiovascular

Disease is the first tertiary cardiac care institute in South Asia as well as the focus on superior care of patients. The National Institute of cardiovascular disease nurses has played a pivotal role in caring of the patient with the heart disease in Pakistan. All over the globe nurses needs to originate endeavour for pivotal role in prevalence of the coronary heart disease.

Biography: Muneer Hussain is working as a nurse for the Emergency Department at National Institute of cardiovascular disease hospital in Pakistan. He has 6 years' experience of different hospitals and organizations. He completed 3 years Diploma in general nursing from school of nursing civil hospital Sanghar 2009, One year post specialty paediatric nursing from Dua institute of nursing Hyderabad 2011, he also done post RN B.Sc. nursing degree from Ziauddin University Karachi.

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