

Learning Objectives

- At the end of this session participants are expected to be able to:
 - Recognize common symptoms and signs of patients with cardiovascular diseases
 - Identify clinical presentation of acute rheumatic fever and rheumatic heart diseases

Activity: Small Group Discussion

- **Group 1:** What are the common symptoms and signs of patients with heart attack?
- **Group 2:** What are the common symptoms and signs of patients with stroke?
- **Group 3:** What are the common symptoms and signs of patients with acute rheumatic fever (ARF)?

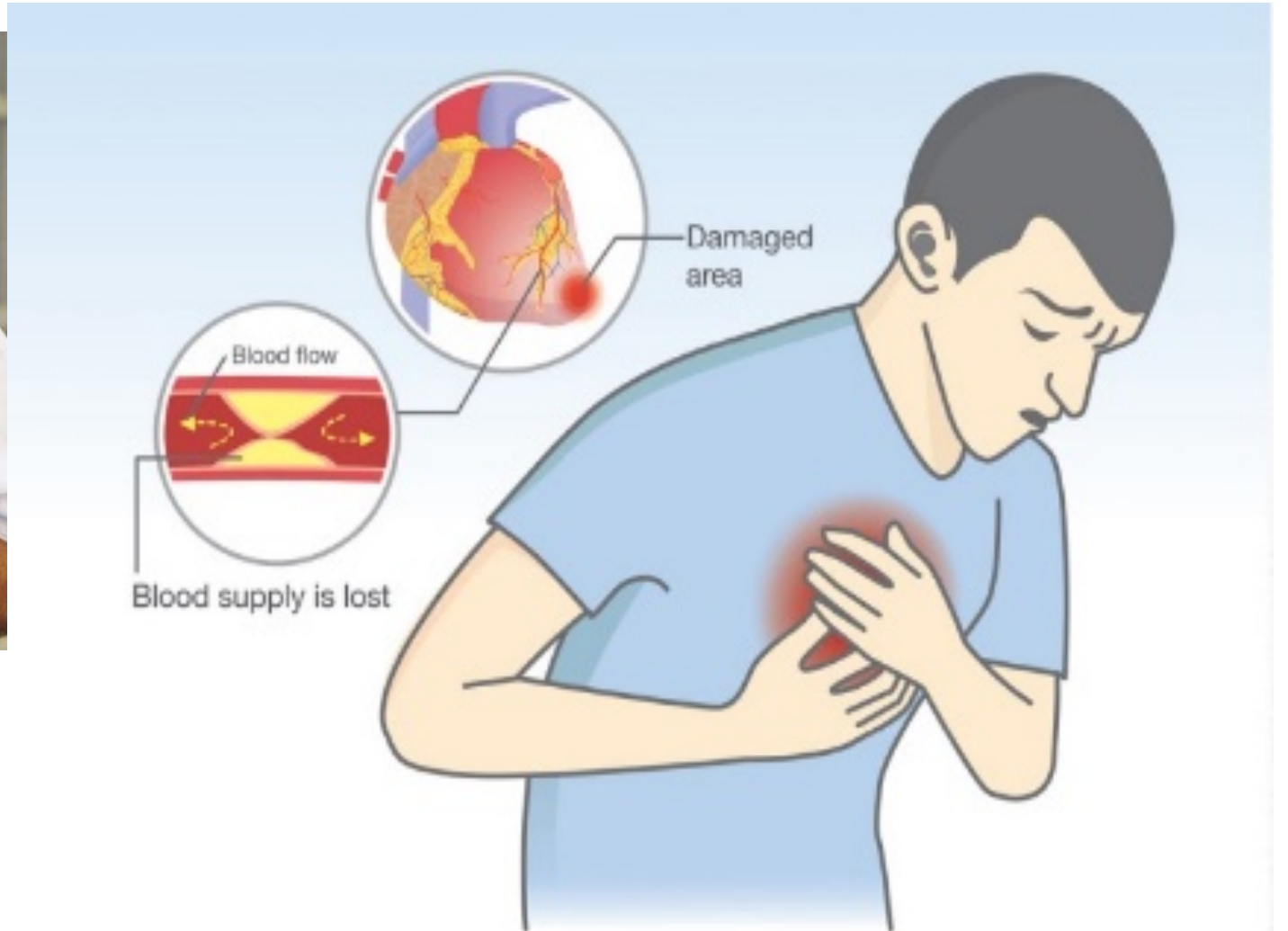
Symptoms of Heart Attacks and Strokes

- . Often, there are no symptoms of the underlying disease of the Heart and blood vessels
- . A heart attack or stroke may be the first warning of underlying disease

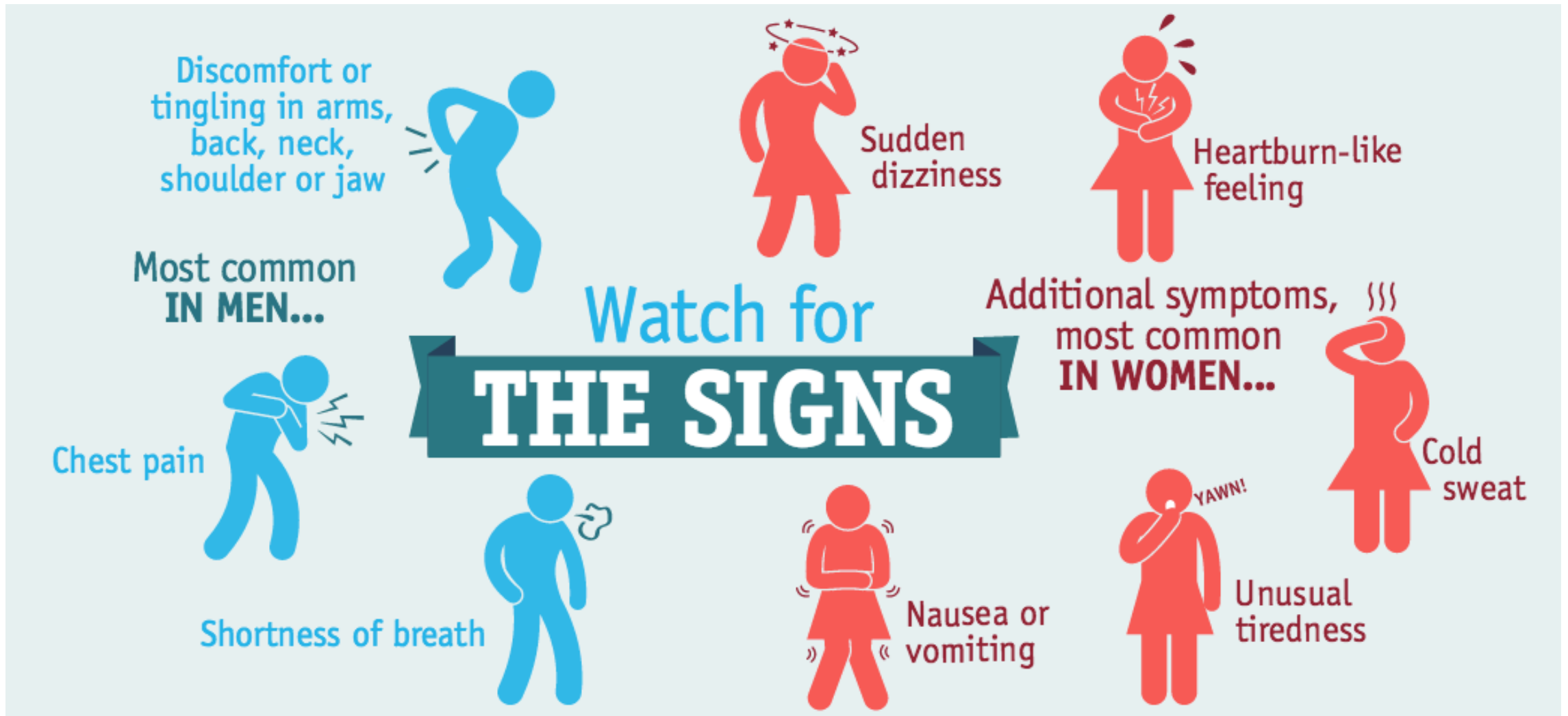
Symptoms of a Heart Attack (1)

- Pain or discomfort in the centre of the chest
- Pain or discomfort in the arms, the left shoulder, elbows, jaw, or back
- Difficulty in breathing or shortness of breath
- Feeling sick or vomiting
- Feeling light-headed or faint
- Breaking into a cold sweat
- Becoming pale
- Women are more likely to have shortness of breath, nausea, vomiting, and back or jaw pain

Symptoms of a Heart Attack (2)



Signs of Heart Attack (Acute Coronary Syndrome)

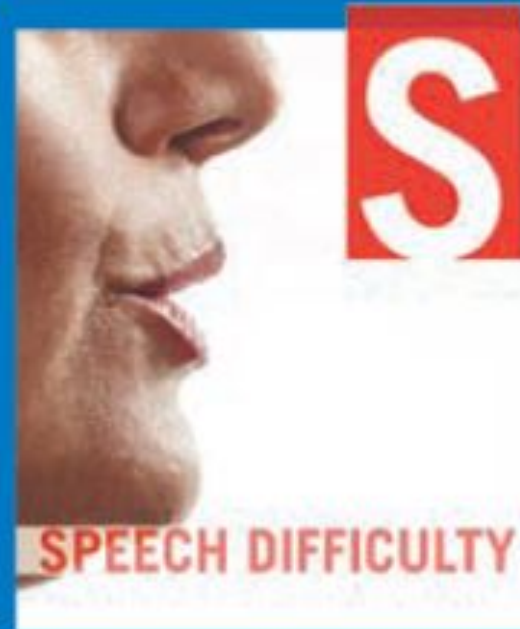
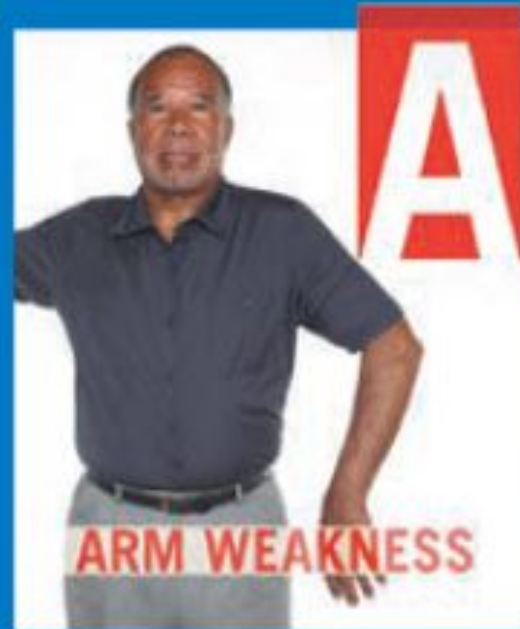


Symptoms of a Stroke

- The most common symptom of a stroke is:
 - Sudden weakness of the face, arm, or leg
 - Most often on one side of the body
- Other symptoms include sudden onset of:
 - Numbness of the face, arm, or leg on one side of the body
 - Confusion
 - Difficulty speaking or understanding speech
 - Difficulty seeing with one or both eyes
 - Difficulty walking, loss of balance or coordination
 - Dizziness, fainting or unconsciousness
 - Severe headache with no known cause

Spot a Stroke: Signs and Symptoms

Spot a stroke: Warning signs and symptoms



Acute Rheumatic Fever (1)

- Acute rheumatic fever (ARF) commonly presents as constellation of symptoms such as sore throat, fever, joints pain, chest pain, skin changes
- Rheumatic heart disease will present mainly with features of disease complications

Acute Rheumatic Fever (2)

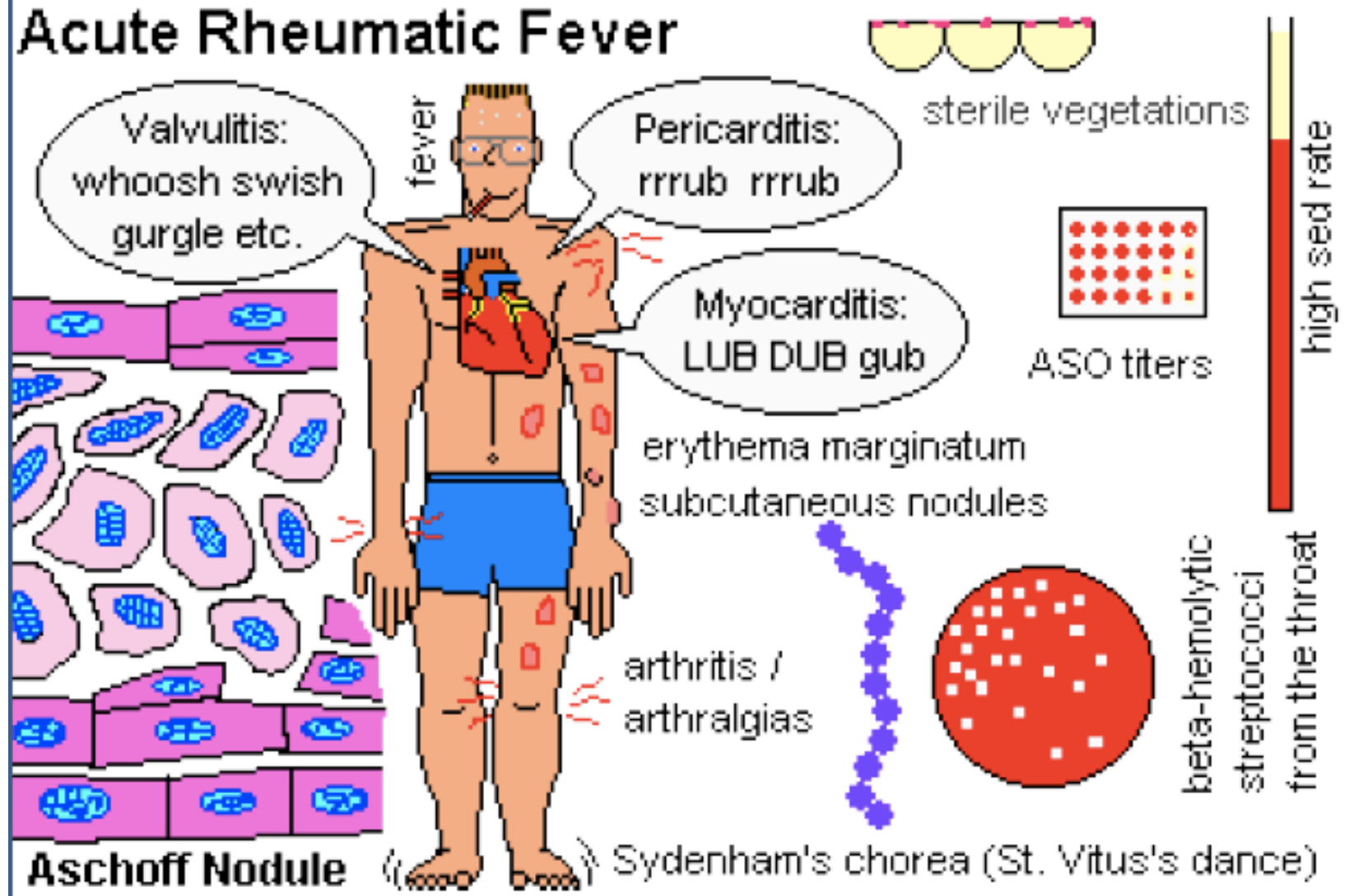
- **Major Manifestations**

- Carditis
- Polyarthrititis
- Chorea
- Erythema marginatum
- Subcutaneous nodules

- **Minor Manifestations**

- Arthralgia
- Fever, malaise, anorexia
- ESR>60
- CRP>3
- Prolonged PR on ECG

Acute Rheumatic Fever (3)



Key Points (1)

- Common symptoms and signs of patients with cardiovascular diseases:
 - In cases of heart attack patients will experience pain or discomfort in the centre of the chest, pain or discomfort in the arms, the left shoulder, elbows, jaw, or back
 - The person may experience difficulty in breathing or shortness of breath

Key Points (2)

- In cases of stroke the patient may experience difficulty in:
 - speaking or understanding speech
 - seeing with one or both eyes
 - walking and dizziness
- In cases of rheumatic heart disease the patient may experience sore throat, fever, joints pain, chest pain, skin changes while rheumatic heart disease will present mainly with features of disease complications

Session Evaluation

- What are the clinical presentation of cardiovascular diseases?