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How risk assessment tool guides the management of patients of cardiovascular diseases

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Introduction: It is necessary to risk stratify patients of cardiovascular diseases so as to guide and standardise management.

Method: We made use of QRisk 2 (UK) to assess 10 year cardiovascular risk of patients who presented to the cardiology clinic. Each patient's relevant data were entered in the QRisk2 assessment tool and a 10 year risk was worked out. Based on the obtained figure, further management strategy was planned for that patient.

Analysis & Results: All low risk patients unless contraindicated underwent some kind of stress testing for evidence of reversible ischemia. Decision based on CV risk score to perform CT coronary angiography when deemed appropriate were utilised for moderate risk category. Majority of high risk patients were considered for catheter based coronary angiography. Similarly, based on CV risk scoring, Aspirin and Statin therapy were started in 34% and 28% patients respectively. Aspirin and Statin therapy if deemed inappropriate were stopped in 12% and 21% patients respectively.

Conclusion: Simple cardiovascular assessment tools are readily available online that can be downloaded for personal use. Using cardiovascular risk assessment tool simplifies clinical decision making. It helps to standardise treatment and also guides us to avoid harmful, inappropriate and unnecessary treatment. This therefore is very suitable for day to day practice and works best in the interest of patient safety. Appropriate use of investigations and other resources are used in managing patients further.

Biography

Syed Raza completed his Graduation from Aligarh University in India in 1993. After completing his Post-graduation in Medicine from the same university, he moved to UK for higher specialist studies. He successfully completed MRCP and CCT and later, he was awarded Fellow of the Royal College of Physicians of Edinburgh. He was awarded Professor John Goodwin prize for outstanding performance in Diploma Cardiology exam at Hammersmith Hospital, University of London in 2001. He is currently serving as Consultant in Cardiology and Head of the Department of Medicine at Awali Hospital, Bahrain. He is the Educational Coordinator and Chairman of Resuscitation Committee of the Hospital. He is the Regional Coordinator and Examiner for MRCP exam for the Royal College of Physicians of Edinburgh. He is an external examiner for Arabian Gulf Medical University. He is also the immediate Past Chairman of Medical Advisory Committee.