Strategies to improve early recognition of acute myocardial infarction in primary care

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ABSTRACT

Acute myocardial infarction (AMI) is a leading cause of mortality in Brazil, necessitating swift interventions to minimize myocardial damage and save lives. Primary health care plays a crucial role in early AMI recognition, yet faces significant challenges in identifying its signs and symptoms due to structural and educational factors.

This study aims to analyze and propose strategies to enhance early AMI recognition in Brazilian primary care, providing evidence-based solutions to improve detection and initial management.

A systematic literature review was conducted in SciELO and PubMed databases using descriptors: acute myocardial infarction, primary health care, early recognition, and Brazil. Articles from the past five years focusing on AMI recognition strategies in primary care were included.

Keywords: Acute myocardial infarction, Primary health care, Early recognition.

INTRODUCTION

Acute myocardial infarction (AMI) is one of the leading causes of mortality in Brazil, requiring rapid and precise interventions to minimize myocardial damage and save lives. Primary health care plays a vital role in the early recognition of AMI, allowing for immediate and effective interventions. However, early identification of the signs and symptoms of this condition in primary care remains a significant challenge, due to a number of structural and educational factors.

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OBJECTIVE

This study aims to analyze and propose strategies to improve the early recognition of AMI in primary care in Brazil, offering practical and evidence-based solutions to improve the detection and initial management of this critical condition.

MATERIAL AND METHODS

A systematic literature review was conducted in the SciELO and PubMed databases, using the descriptors: acute myocardial infarction, primary health care, early recognition and Brazil. Articles published in the last five years that discuss strategies and practices for early recognition of AMI in primary care were included.

RESULTS

The reviewed studies highlight that continuous training of health professionals is essential for the early recognition of AMI. According to Oliveira et al. (2020), regular training on symptoms, risk factors, and emergency care protocols increase diagnostic accuracy. The implementation of rapid screening tools, such as specific questionnaires and clinical algorithms, has also proven effective. Silva and Pereira (2019) point out that the use of standardized clinical algorithms facilitates the rapid and correct identification of AMI symptoms.

In addition, integration between primary care and emergency services is crucial. Studies have shown that efficient communication between these levels of care accelerates the transfer of patients to specialized units, reducing the time of care and improving clinical outcomes. As indicated by Santos et al. (2021), "efficient coordination between different levels of care is key to reducing AMI mortality".

CONCLUSIONS

Early recognition of AMI in primary care can be significantly improved through outlined strategies, such as continuous training of health professionals, the use of effective screening tools, and the integration of health services. The adoption of these practices can substantially reduce the mortality and morbidity associated with AMI, providing faster and more effective care to patients. Public policies that promote these strategies are essential to ensure that primary care units are properly equipped and prepared to manage AMI cases efficiently and effectively.