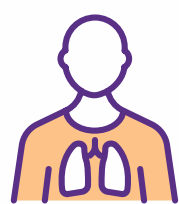


IRISH HEART ATTACK AUDIT SUMMARY REPORT 2024

The Irish Heart Attack Audit (IHAA) measures the care of patients who suffered a major heart attack in 2024 and were treated in 1 of 10 specialist cardiac hospitals, known as percutaneous coronary intervention (PCI) centres. This type of heart attack is known as an ST elevation myocardial infarction (STEMI). A STEMI happens when the supply of blood to the heart is suddenly cut off, usually by a blood clot (thrombosis). In Europe, heart disease is the largest cause of death for both men and women.

SYMPTOMS OF A HEART ATTACK

INCLUDE PAIN, DISCOMFORT, PRESSURE, TIGHTNESS OR HEAVINESS IN ANY OF THESE AREAS



NEW
SHORTNESS
OF BREATH

JAW



UNUSUAL
STOMACH
PAIN

SHOULDERS

NECK



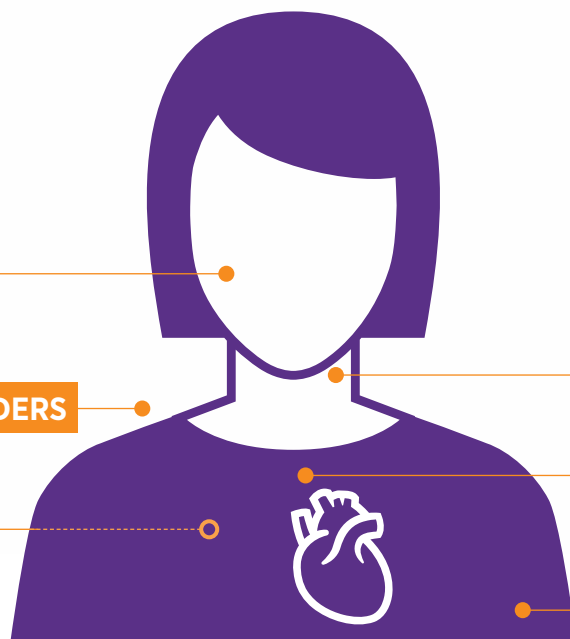
SWEATINESS

BACK

CHEST



CONFUSION



ARMS

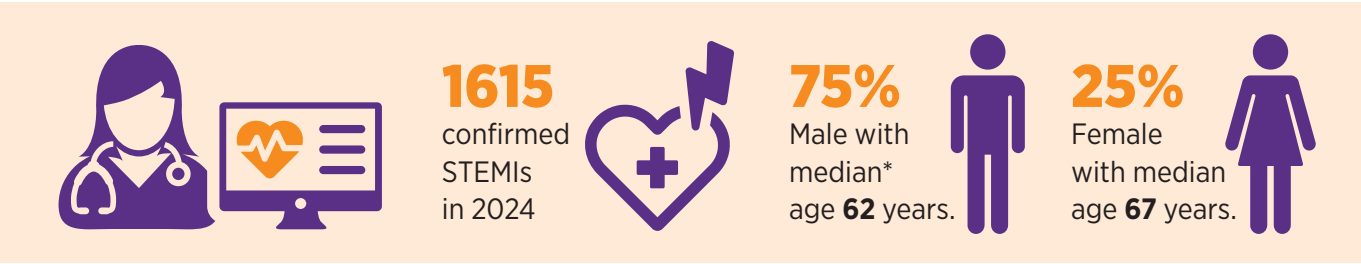
What should I do if I or someone else has symptoms of a heart attack?

**DON'T DELAY! IF YOU EXPERIENCE CHEST PAIN OR
ANY OF THE SYMPTOMS MENTIONED ABOVE**

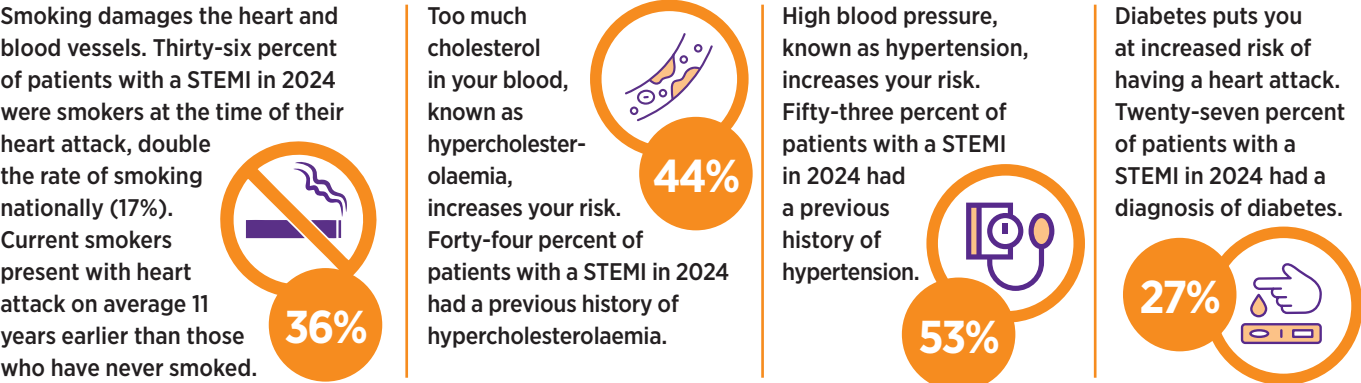
CALL 999 OR 112 IMMEDIATELY

Why? Patients who call 999 or 112 are more likely to receive a quick diagnosis and treatment, and are more likely to survive the heart attack.

KEY FINDINGS 2024



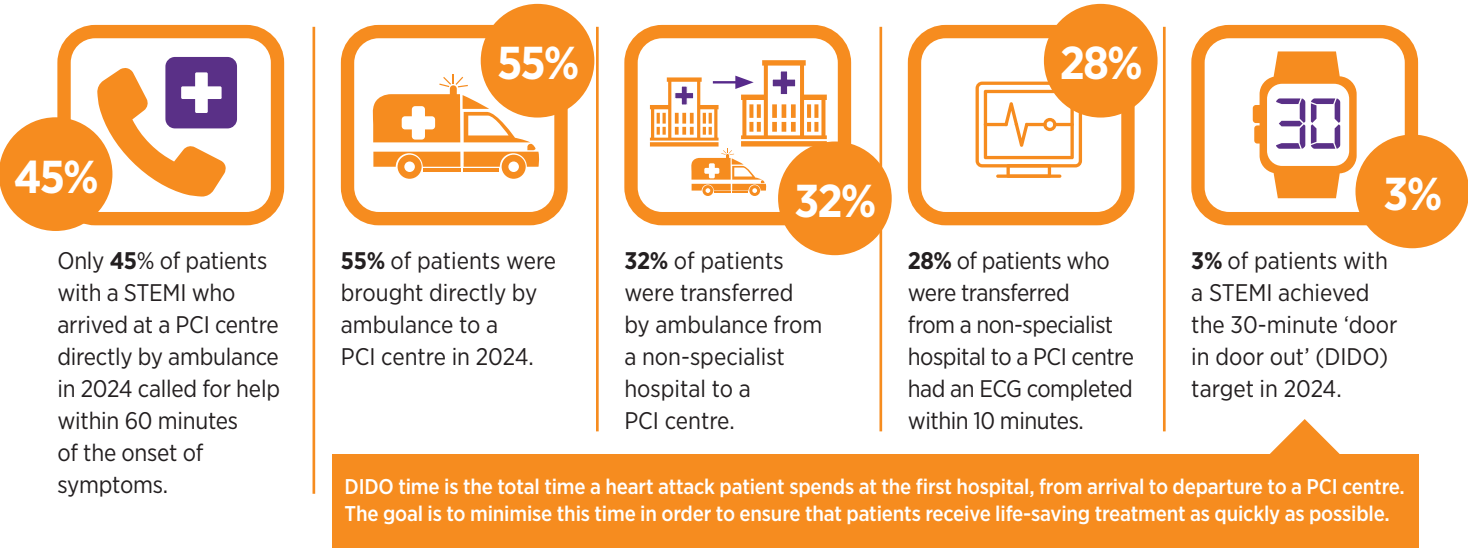
ARE YOU AT RISK OF A HEART ATTACK?



GETTING TO THE RIGHT HOSPITAL AT THE RIGHT TIME

IF YOU THINK SOMEONE IS HAVING A HEART ATTACK, CALL 112 OR 999 STRAIGHT AWAY.

Paramedics can do an electrocardiogram (ECG) on the spot. If it shows a STEMI, they will take the person directly to a specialist hospital (PCI centre) for urgent treatment. If the person goes to a non-specialist hospital themselves, it can cause delays because they might then need to be transferred to a specialist hospital. That's why calling an ambulance is the fastest and safest option.

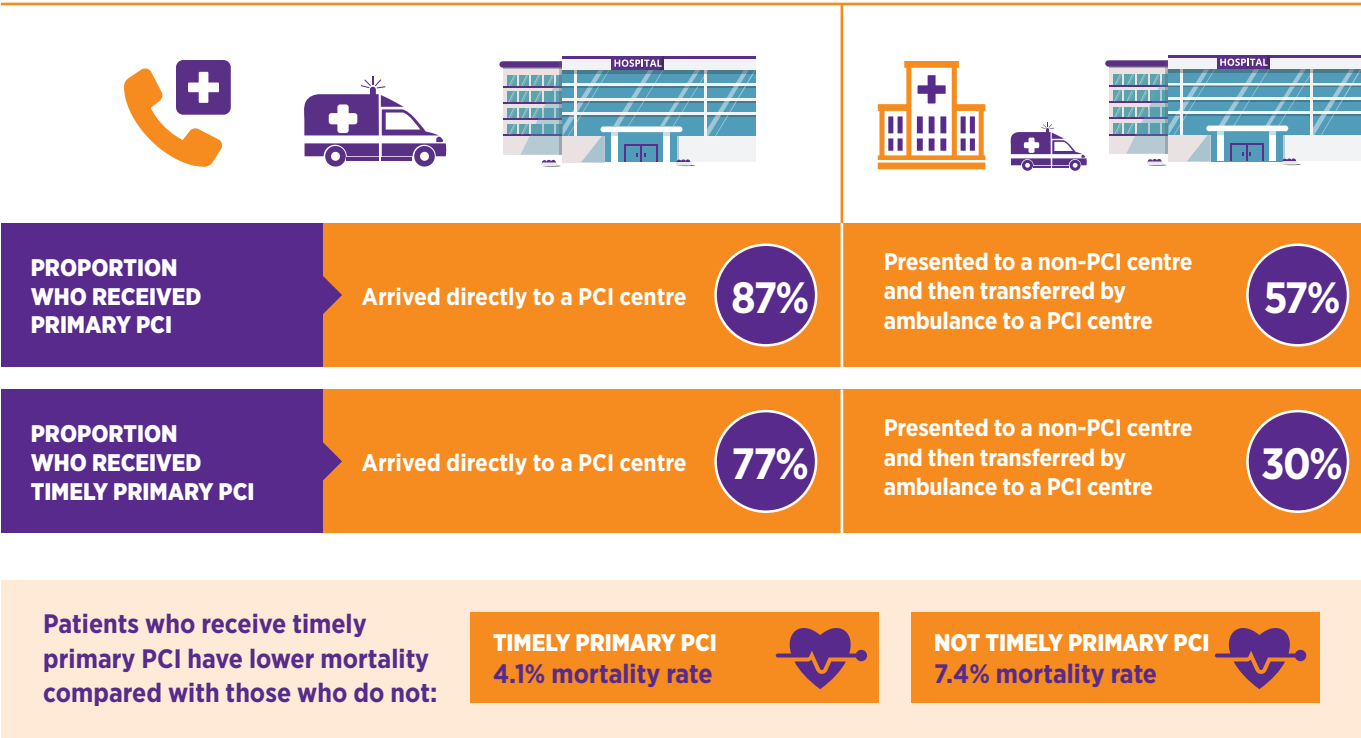


*The median is the middle number in a list of numbers.

HOW IS A HEART ATTACK TREATED

PRIMARY PCI

Primary PCI is an emergency procedure performed in specialist hospitals in order to quickly open a blocked heart artery during a heart attack. To be most effective, this procedure needs to be done within 2 hours after a heart attack is diagnosed. Doing it within this time is called timely primary PCI.

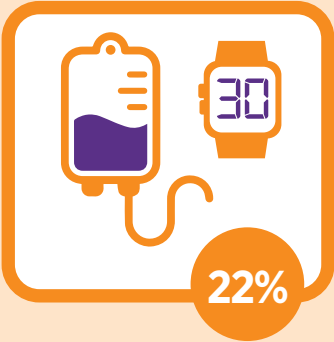


THROMBOLYSIS

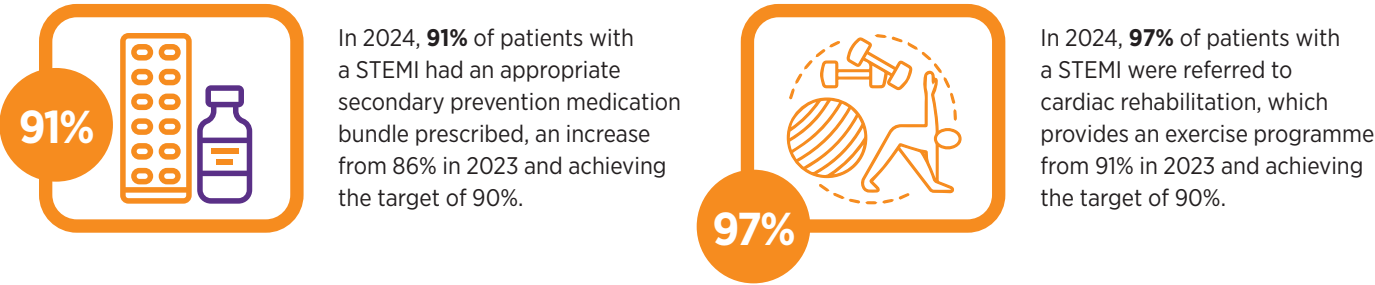
If a patient is unable to get to a PCI centre within 90 minutes, treatment with thrombolysis – a medication that dissolves blood clots – can be given.

In order to be effective, this medication needs to be given within 30 minutes of diagnosis of a STEMI; this is called timely thrombolysis.

In 2024, 7% of patients with a STEMI received treatment with thrombolysis; 22% of those received timely thrombolysis.



PREVENTING ANOTHER HEART ATTACK



RECOMMENDATIONS

RECOMMENDATION 1

Improve the rate of primary PCI for all patients with a STEMI.



RECOMMENDATION 2

Improve the timeliness of reperfusion for all patients with a STEMI.



RECOMMENDATION 3

All PCI centres should implement targeted quality improvement initiatives to increase the proportion of patients with a STEMI who arrive at a PCI centre by ambulance who achieve the recommended 'door to balloon' time of 30 minutes or less.



RECOMMENDATION 4

All PCI centres should implement targeted quality improvement initiatives to increase the proportion of patients with a STEMI who self-present to a PCI centre who achieve the recommended 'first medical contact to balloon' time of 60 minutes or less.



A PATIENT'S PERSPECTIVE: PAULA'S STORY

At 44 years of age, Paula suffered a heart attack while paddleboarding, initially mistaking her symptoms – faintness, sweating and arm pressure – for dehydration. She was quickly diagnosed with a heart attack and airlifted for life-saving surgery, spending 25 days in hospital and undergoing a long but supported recovery, including cardiac rehabilitation and lifestyle changes. Now healthy and back to work, she raises awareness about women's heart health, urging others to recognise subtle symptoms and seek immediate help.



LEARN MORE ABOUT PAULA'S JOURNEY AND INSIGHTS IN THE FULL REPORT. SCAN THE QR CODE TO HEAR HER STORY.

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COMMENTS PLEASE FEEL FREE TO EMAIL

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