

TN Model in Heart Attack Care

Why in news?

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A unique model of heart attack care has brought down the time taken respond to cardiac episodes from 900 minutes to 170 minutes in Tamil Nadu.

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What the new study says?

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- The yearlong study has been funded by the **Indian Council of Medical Research (ICMR)**.

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- The landmark study, reduces the symptom-to-door time by effective, early and rapid reperfusion — restoring blood flow through blocked arteries, typical after a heart attack.

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How the traditional treatment is done?

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- Traditionally, a heart attack is treated by two strategies of re-perfusion.

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- If a patient arrives at a hospital equipped with a catheterisation laboratory or 'cath lab', a procedure known as **Primary PCI (Percutaneous Coronary Intervention)** is performed — an urgent balloon angioplasty.

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- The patient is then 'Thrombolysed' — treated to dissolve clots in blood vessels, improve blood flow, and prevent damage to tissues and organs before being discharged.

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How the new model works?

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- In the new model, STEMI India, a not-for-profit organisation, use the pharmaco invasive strategy, which can be administered in any small hospital or even in the ambulance.

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- The Classic STEMI India model has a hub hospital, where a cath lab is available and primary PCI is done for patients directly presented at these hospitals.

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- These are linked to peripheral spoke hospitals, where thrombolysis is done following which the patient is shifted within three to 24 hours to the hub hospital for invasive treatment.

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- Data was collected from the four hub hospitals and 35 spoke hospitals, before and after the implementation of the heart attack programme.

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- The pre-implementation data collection was for an average period of 15 weeks and the post implementation period of 32 weeks.

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- As a result of the study, there was a steep increase in the rural poor using Below-Poverty-Line (BPL) insurance schemes to access the STEMI system.

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Way ahead:

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- Any heart attack treatment programme should consider the huge manpower and infrastructure deficiencies that exist in India.

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- Blindly following the American or European system would not be feasible in this country.

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Source: The Hindu

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