

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Introduction

- My literature review is about how to identify the prevention of heart disease in adults aged 35-80. It is about the organizations such as the British Heart Foundation that are primarily involved in researching heart disease and preventing its risks.
- Research into heart disease is a crucial step towards the future. Every day, 190 people die from heart attacks alone. 80% of premature heart disease is preventable simply by making small lifestyle changes.
- I am trying to find a way to educate people about how an unhealthy lifestyle can lead to various heart diseases or greatly increase the likelihood of getting one.

Methods

- *Primary and secondary research*
- *Heart disease prevention, heart disease, coronary heart disease.*
- *A thorough literature search was conducted using Google scholar and PubMed. Researchers with extensive experience in systematic reviews conducted the initial search and evaluated titles and full text articles.*
- *I included subjects of all races and sexes, aged 35 to 80 years.*
- *Heart failure terms included are cardiac failure, congestive heart failure, heart decomposition, right/left heart failure, and myocardial failure.*

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Health survey for England, 2019	To find existing conditions that contribute to the causes of heart diseases	Website	In adults, overweight and obesity are often associated with life-threatening diseases such as cardiovascular disease.
NHS, 2020	To find factors that causes or increased chances of getting diseases	Website	CHD is one of the main killers in the UK, the websites provided an overview, examples of food items that contains high fat that can contribute (ghee, meat pies, butter etc)
Consumption of takeaway and fast food in a deprived inner London Borough: are they associated with childhood obesity? (Rachel Patterson, Alexander Risby and Mei-Yen Chan 2012)	The relationship between healthy food and the increase in getting CHD	Online Article	Although obesity is one of the factors that can influence CHD, there is no relationship between becoming obese from eating takeaway frequently

Results

- The prevalence of cardiovascular disease was different in the different studies and is increasing.
- Significant diversity between studies was also found in all these estimates. The research results show that the trend in CVD and mortality due to CVD is increasing.
- Some of the cardiovascular disease risk factors identified in the selected literature are high blood pressure, diabetes, smoking and passive smoking, obesity, unhealthy diet and physical inactivity.

Discussion

- Throughout the research it was noted that the common factors that contribute to heart diseases included high blood pressure, diabetes, smoking and passive smoking, obesity, unhealthy diet and physical inactivity. This is important for health and social care as it helps with early detection of heart diseases for effective treatment with counselling and medications.
- Also found out throughout my research the majority of people that suffer from or are at higher risks of heart diseases are African ethnicities. This is important because it allows health professionals to understand and tackle the factors that contribute to this being the case (quality healthcare, quality education, finances etc)

Conclusion

- Organizations such as the British Heart Foundation actively campaign for stricter laws to combat heart disease.
These conditions, which are very commonly diagnosed, can lead to cardiovascular diseases such as heart attacks, strokes and much more. Treatment for these diseases is extremely effective in preventing them, along with having a balanced diet, exercising, and not smoking and drinking.

References

- [Heart disease - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronary-heart-disease/prevention)
- <https://www.nhs.uk/conditions/coronary-heart-disease/prevention>
- <https://www.medicalnewstoday.com/articles/how-to-prevent-heart-disease>
- [Young People with Heart disease, 2019-20 - NDRS \(digital.nhs.uk\)](https://digital.nhs.uk/resources/identifiers/young-people-with-heart-disease-2019-20)
- <https://ukhsa.blog.gov.uk>
- <https://www.cdc.gov/heart-disease>
- [Consumption of takeaway and fast food in a deprived inner London Borough: are they associated with childhood obesity? | BMJ Open](https://www.bmj.com/content/361/bmj.n2222)
- [Risk factors for heart and circulatory diseases | BHF - BHF](https://www.bhf.org.uk/research/bhf-research/heart-risk-factors)
- [Coronary heart disease - Causes - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronary-heart-disease/causes)
- [Heart Disease Facts | cdc.gov](https://www.cdc.gov/heartdisease/facts)