

Report on a Health Issue: Coronary Heart Disease (CHD)

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Introduction:

Coronary Heart Disease (CHD) refers to a cardiovascular disorder characterised by the constriction or blockage of the coronary arteries responsible for carrying oxygen-filled blood to the muscles of the heart. The primary reason behind CHD is atherosclerosis, a situation whereby plaques containing fats form along the artery walls, limiting blood flow and posing the risk of several medical complications like angina, heart attack, and heart failure (British Heart Foundation, 2025). Common signs and symptoms may include chest pains, breathing problems, dizziness, fatigue, and pains in other parts such as arms, neck, jaw, and back (NHS, 2024). CHD poses a great global health problem. The World Health Organisation (WHO) puts the total number of deaths from cardiovascular diseases at 17.9 million per annum, with CHD among the leading causes (WHO, 2023). In the United Kingdom (UK), CHD remains a prominent cause of sickness and early deaths, putting health and social care under stress (British Heart Foundation, 2024).

Approaches Used to Measure and Monitor Coronary Heart Disease

Monitoring of CHD is critical since it enables healthcare organisations to know its prevalence and evaluate its treatment. Epidemiological surveillance is one of the tools used to gather data on the prevalence of CHD. Incidence rate, prevalence rate, mortality rate, and admissions to hospitals are used by public health professionals to gauge the extent of CHD among populations (WHO, 2023).

In the UK, health bodies like NHS England and the Office for Health Improvement and Disparities collect health data to observe trends in cardiovascular disease. These trends are used to observe any pattern associated with CHD, such as

disparity in CHD prevalence across various communities. Various studies have found that people from deprived communities have a high prevalence of cardiovascular disease because of smoking, poor diet, high level of stress, and lack of preventive health services (Office for Health Improvement and Disparities, 2024).

An additional method used to detect CHD is through health screening and risk assessment. The level of risk is determined by checking various parameters that include blood pressure, cholesterol levels, age, family history, body weight, and lifestyle factors. NHS Health Check gives cardiovascular assessments for adults between the ages of 40 and 74 to determine early risks and advice individuals on how to lower their risk of developing CHD (NHS, 2024).

Healthcare providers use medical investigation to diagnose and monitor CHD. ECG or electrocardiogram is an examination which records the electrical activity of the heart and determines any abnormal activity. Blood tests may check cholesterol levels and other risk factors. Detailed examinations include coronary angiography and cardiac imaging which allows healthcare providers to determine whether arteries have been narrowed or blocked (NICE, 2023).

Assessment of the impact of treatment is also included in the monitoring of CHD. Healthcare providers analyse hospitalisation, effects of medication, survival rates, and recovery from surgeries such as angioplasty and coronary artery bypass surgery. National cardiac audits will enhance healthcare quality in order to improve cardiovascular services (Healthcare Quality Improvement Partnership, 2024).

How Coronary Heart Disease is Controlled

The management of CHD involves the use of preventative measures, lifestyle modifications, medication and medical interventions. It is important to prevent CHD since many of the risk factors can be altered.

One of the major risks for CHD that can be modified is smoking. Cigarettes have damaging effects on the cardiovascular system in that they harm blood vessels, increase blood pressure and cause atherosclerosis. Smoking cessation services offer educational programmes, counselling and nicotine substitutes to help smokers quit smoking (NHS, 2024).

Another factor that helps in the management of CHD is dietary and nutritional practices. Diets rich in saturated fats, salt and junk foods increase cholesterol and raise blood pressure. A healthy diet should involve the consumption of fruits, vegetables, whole grain foods and healthy fats (British Heart Foundation, 2024).

Exercise is yet another technique for managing CHD. Physical exercises can contribute to improving cardiac fitness, maintaining a healthy weight, lowering blood

pressure and cholesterol levels. Regular physical exercises are advised by the WHO since they minimise the risk of cardiovascular diseases (WHO, 2022).

Medications are usually prescribed to control CHD. The most commonly prescribed medication for reducing cholesterol levels and avoiding heart attacks is statins. However, other medications might be prescribed for preventing any adverse effects on the patient's condition, such as beta blockers, anti-platelet agents, blood pressure medicine (NICE, 2023).

In some cases, patients suffering from CHD might require medical intervention. One of the methods of treating CHD is coronary angioplasty, which implies placing a small balloon and stent in order to dilate arteries and improve blood circulation. Sometimes, patients might undergo coronary artery bypass surgery that provides blood with a new way of accessing the heart muscle (British Heart Foundation, 2025).

Health education and prevention programmes are also important in controlling CHD. Public health campaigns encourage healthier lifestyles, raise awareness of symptoms, and promote early medical advice. Early detection allows treatment to begin sooner, reducing the risk of serious complications.

Consequences of Coronary Heart Disease on People in the Community

The condition impacts individuals, families, and communities in different ways. Symptoms associated with CHD such as chest pains, fatigue, and breathlessness may decrease the individual's capability of performing day-to-day activities and increase dependence. Moreover, the condition may cause severe complications such as heart attack and heart failure that may cause disability and increased reliance on healthcare (British Heart Foundation, 2024).

In addition, the condition may have an effect on mental health. Patients suffering from heart disease might be anxious or depressed due to fear of developing further problems related to heart functioning. Hence, managing emotions is a crucial part of dealing with CHD (NHS, 2023).

Also, family members may face difficulties when taking care of their relative with CHD. The individuals may require assistance with daily routines, transport, drugs, or changes in lifestyle.

As far as the community level is concerned, CHD leads to a considerable load on health and social care services. Treatment, admission in hospitals, drugs, rehabilitation, and long-term care take up a lot of resources. This is why it is important to prevent CHD from an early stage.

Health and Social Care Support Services Required for Individuals with CHD

CHD patients need various health and social services to meet their physical, psychological, and social needs. GPs offer routine monitoring, medicines, and referral to specialised services. Cardiologists specialise in assessment and treatment of patients with complicated CHD.

Heart attack, surgical operations or any other cardiac event requires cardiac rehabilitation to assist the patient in recovery. This program includes exercise programs, education about health, diet suggestions and psychological assistance. Cardiac rehabilitation helps the patients increase their confidence level and improve their independence. It also reduces the possibility of further heart complications (NHS, 2024).

Community healthcare services also assist CHD patients. Nurses can help them in monitoring the symptoms, managing medication and self-care. Dietitians offer advice regarding the proper diet of the patient and quit-smoking services help those who intend to stop smoking.

Social care may be needed where CHD interferes with independence, and social workers will be able to assess needs and provide services such as home care. Mental health services will be needed to support people with coping with anxiety, depression, and emotional issues connected with being chronically ill.

Multidisciplinary team working is essential and will involve doctors, nurses, social workers, dietitians, and rehabilitation professionals.

Conclusion

Coronary Heart Disease is one of the most important problems in public health, which affects many people all over the world and places additional burden on the health and social care services. Coronary Heart Disease is developed due to atherosclerosis and may cause such severe complications as heart attack and heart failure. It is possible to measure CHD using the health statistics, screening programs, and examinations carried out by doctors. Proper control of the disease is associated with lifestyle modification, treatment with drugs and medicines, health education. CHD may affect people in different ways; it may be accompanied by various physical, psychological and social complications. Health and social care services perform a vital function assisting patients at each stage from diagnosis up to treatment, rehabilitation and management of CHD.

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