

ELECTIVE REPORTOBJECTIVE 1: What is the most prevalent heart condition in the UAE? And how do they differ from the UK?

In the UAE the leading cause of mortality is Ischaemic heart disease. ⁽¹⁾ The Middle East is still suffering from increasing levels of heart disease and is due to the numerous risk factors such as smoking, diabetes, and obesity. A Ministry of Health official in the UAE has reported that 41% of deaths are due to cardiovascular diseases. ⁽²⁾

Doctors from across the region discussed the growing level of heart disease in the Middle East at a special Medical Congress. Dr. Wael Almahmeed, Consultant cardiologist and Deputy Director of Medical services at Sheikh Khalifa hospital, presented the results of a study conducted in the UAE. ⁽³⁾ He also mentioned in the study that the people in the study suffered from Diabetes mellitus and Hypertension 33% and 25% respectively. Half of the subjects were in fact undiagnosed before conducting the study and were unaware that they were suffering from these conditions which increase their risk of ischaemic heart disease. This study did not bring about greater awareness but also supports the importance of risk factor screening such as blood pressure, cholesterol, Diabetes mellitus and lifestyle modifications.

In the UK, Coronary heart disease is also the most common cause of death in the under 75s. ⁽⁴⁾ Coronary heart disease kills more than 70,000 people and 110,000 people have a heart attack every year in England. Around 2 million people suffer from angina. These statistics show that coronary heart disease is the biggest killer. ⁽⁵⁾

In both the UK and UAE, the most prevalent cardiac condition is coronary artery disease. However, the rates in the UK are falling compared to Dubai where the rate of ischaemic heart disease is on the increase. ⁽⁴⁾

OBJECTIVE 3: What steps have the government taken to improve the health care in Dubai?

The ministry of health promotes heart disease awareness with regular campaigns in order to educate people about the contributing risk factors such as smoking, Diabetes, obesity, hypertension, stress and sedentary lifestyle. ⁽⁸⁾

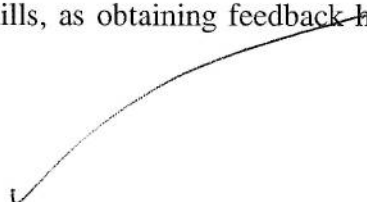
The care for heart disease patients has been improving dramatically due to opening of other specialist facilities such as the German Heart Centre and Mayo clinic in healthcare city. The American hospital in Dubai is the leading specialist heart Centre which provides patients with excellent cardiac care providing American standard of care to patients in the UAE. The heart Centre is capable of treating all types of cardiological conditions and also performing advance intervention including surgery.

To mark the importance of promoting a healthy heart for World heart day, ⁽⁸⁾ The American Hospital Dubai offers an annual free check up for the community which includes: free Blood pressure measurement, BMI checks etc., as these are important risk factors for ischemic heart disease. The event is usually open to the public and is hosted by medical staffs who offer advice. As reported by the Chief of the department of cardiothoracic surgery in the heart Centre at the American hospital, running these events will help to inform the local community about importance of a healthy heart.

The world heart foundation have regular advertisements in the hospitals for tips of a healthy heart such as: Healthy food intake of 5 portions fruit and vegetables, Say no to tobacco, Get active & take heart involving 30 minutes daily exercise, maintain healthy weight, healthy food options in the canteen and avoid salty foods as this can precipitate high blood pressure, limit alcohol intake and bringing exercise to the workplace.

OBJECTIVE 4: Continue to practice clinical skills with an evaluative aspect

During my time in Dubai, I was attached to the cardiology team. Attending daily ward rounds and having opportunities to spend time in the Coronary care unit, Emergency department, Catheter lab and general wards not only gave me confidence in examining patients but also enhanced my communication skills with people from other backgrounds. Using my language skills to converse in the language of the locals gave me a better understanding of the conditions prevalent in the hospital. Also observing other members of the team such as nurses, surgeons, and social services gave me an insight into the different approaches to patient care. I obtained histories and thoroughly examined a variety of patients with cardiovascular conditions such as angina, post MI, cardiomyopathy and arrhythmias. Being observed by other doctors has enhanced my cardiovascular examination skills, as obtaining feedback has been very beneficial.

**WORD COUNT: 1074**
زيد محمد

REFERENCES:

- 1) http://www.explorerpublishing.com/liveworkexplore/dubai/health-and-well_being/health/serious-medical-conditions
- 2) <http://www.ameinfo.com/140866.html>
- 3) <http://www.ahdubai.com/news/newsdtls.aspx?newid=72>
- 4) <http://www.bhf.org.uk/heart-health/statistics.aspx>
- 5) http://www.khaleejtimes.com/displayarticle.asp?xfile=/data/theuae/2011/February/theuae_February136.xml§ion=theuae
- 6) <http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/Healthcare/Longtermconditions/Vascular/Coronaryheartdisease/index.htm>
- 7) http://en.wikipedia.org/wiki/Healthcare_in_the_United_Kingdom
- 8) <http://www.allianzworlwidecare.com/healthcare-in- dubai>