

3.21 Cardiovascular health - Angina

Sheila, who is 74, has just had her angina confirmed by a cardiologist. She has medication including a GTN spray.

Sheila: I still don't understand what's going on.

Provide: Angina is the tightness you get in your chest when you exercise. If you can't get enough blood to your heart muscle, through furred up arteries, the heart will ache. Your angiogram showed that you do have narrow heart arteries.

Elicit: Alright?

Sheila: So it's not good for me to be active?

Provide: Exercise is generally good for your heart, but if you get angina when you are walking, you should rest for a short while. GTN may make your head throb a little. If the pain in your chest does not settle within a couple of minutes take another spray. If the pain is still not starting to settle after a further couple of minutes, call 999.

Elicit: OK?

Provide: If the angina is coming on more often, or with less exertion, please come to see me. If you ever get pain at rest, which isn't relieved immediately with GTN, call 999.

Elicit: Have you got that?