

Coronary Events in Bahrain: Descriptive Study

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Background: In Bahrain, cardiovascular death accounts for about 19.5% annually. Prevalence of Ischemic Heart Diseases (IHD) was 174.4 per 100,000 populations. Coronary events found to be the fourth leading cause of discharge from Salmaniya Medical Complex (SMC) in 2005.

Objective: To evaluate the pattern and profile of patients with coronary events.

Setting: Salmaniya Medical Complex, Kingdom of Bahrain.

Design: Retrospective Cross-sectional Study.

Method: Two hundred twenty-six patients were selected by a systematic random sampling technique from patients admitted with coronary events in SMC from 1 January 2004 to 31 December 2004. Data were reviewed and documented from the medical record.

Result: One hundred thirty-eight (61.1%) suffered from unstable angina, 66 (29.2%) had myocardial infarction and 22 other coronary events. Pre-existing cardiovascular diseases (previous IHD, atherosclerotic diseases, other heart diseases and stroke) suffered by almost half of the patients. Hypertension was reported in 97 (42.9%) patients, while diabetes was reported in 82 (36.3%) patients.

Conclusion: More than two-third of cases diagnosed with coronary events had unstable angina and nearly one-third of cases had myocardial infarction. The majority of patients had pre-existing morbidities, which include diabetes mellitus, hypertension and chronic cardiac conditions.

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