



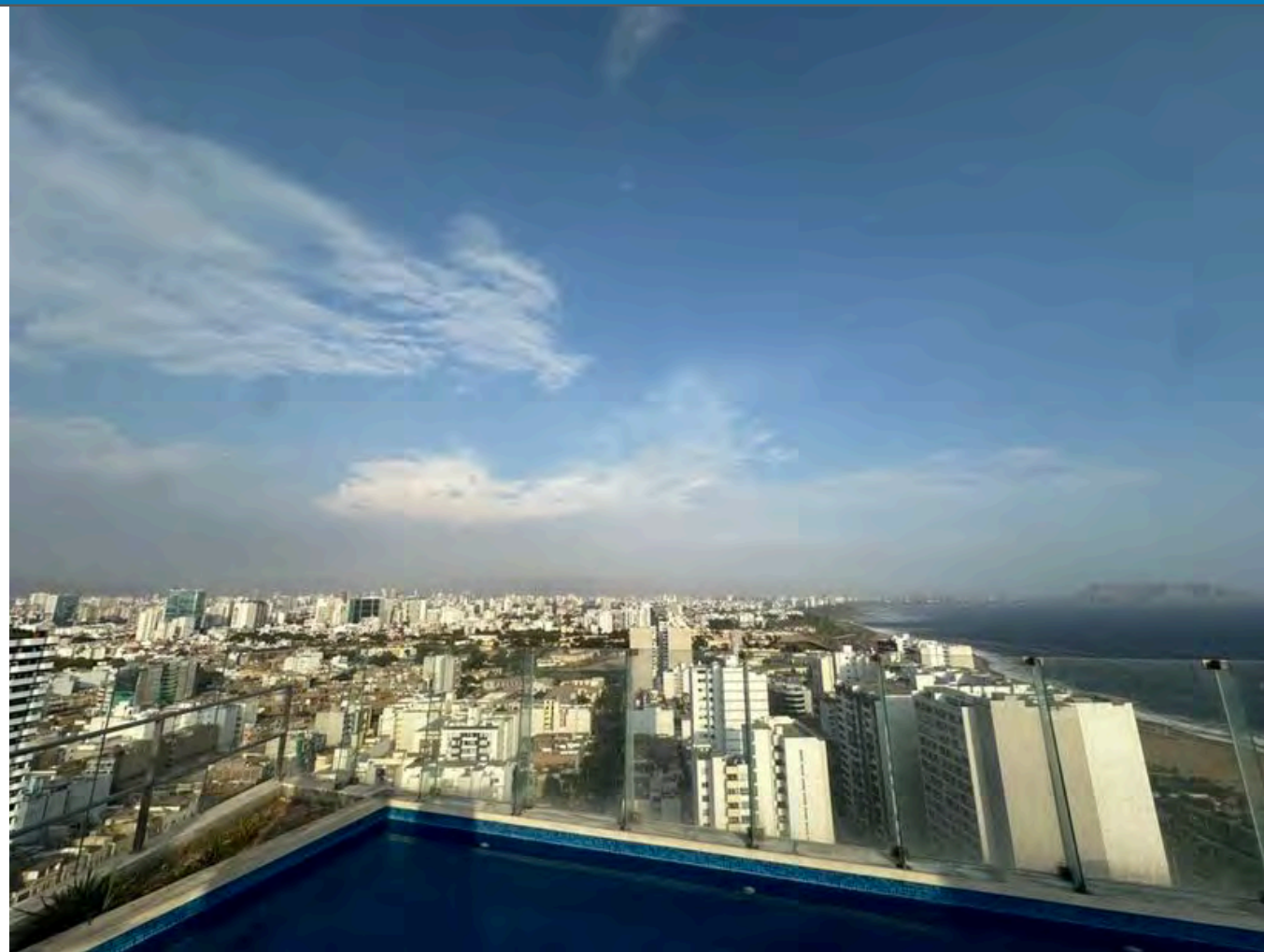
SBH
Health System
BRONX



Enjoy the Journey: Cardiovascular care and life
Carlos Espiche MD



Hometown



Undergraduated



How many?

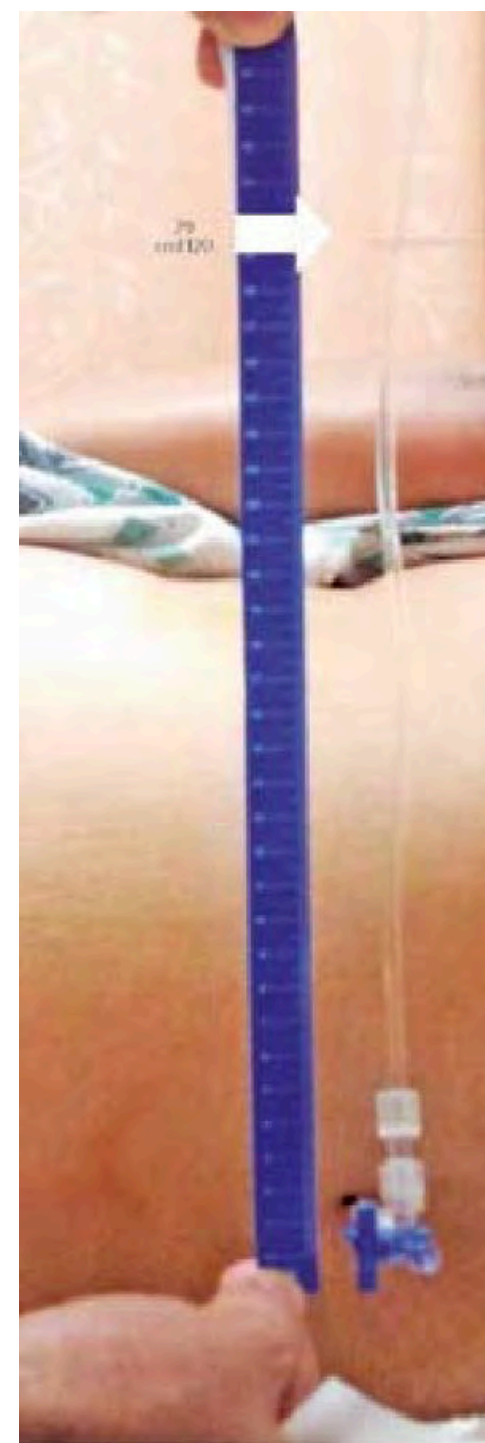
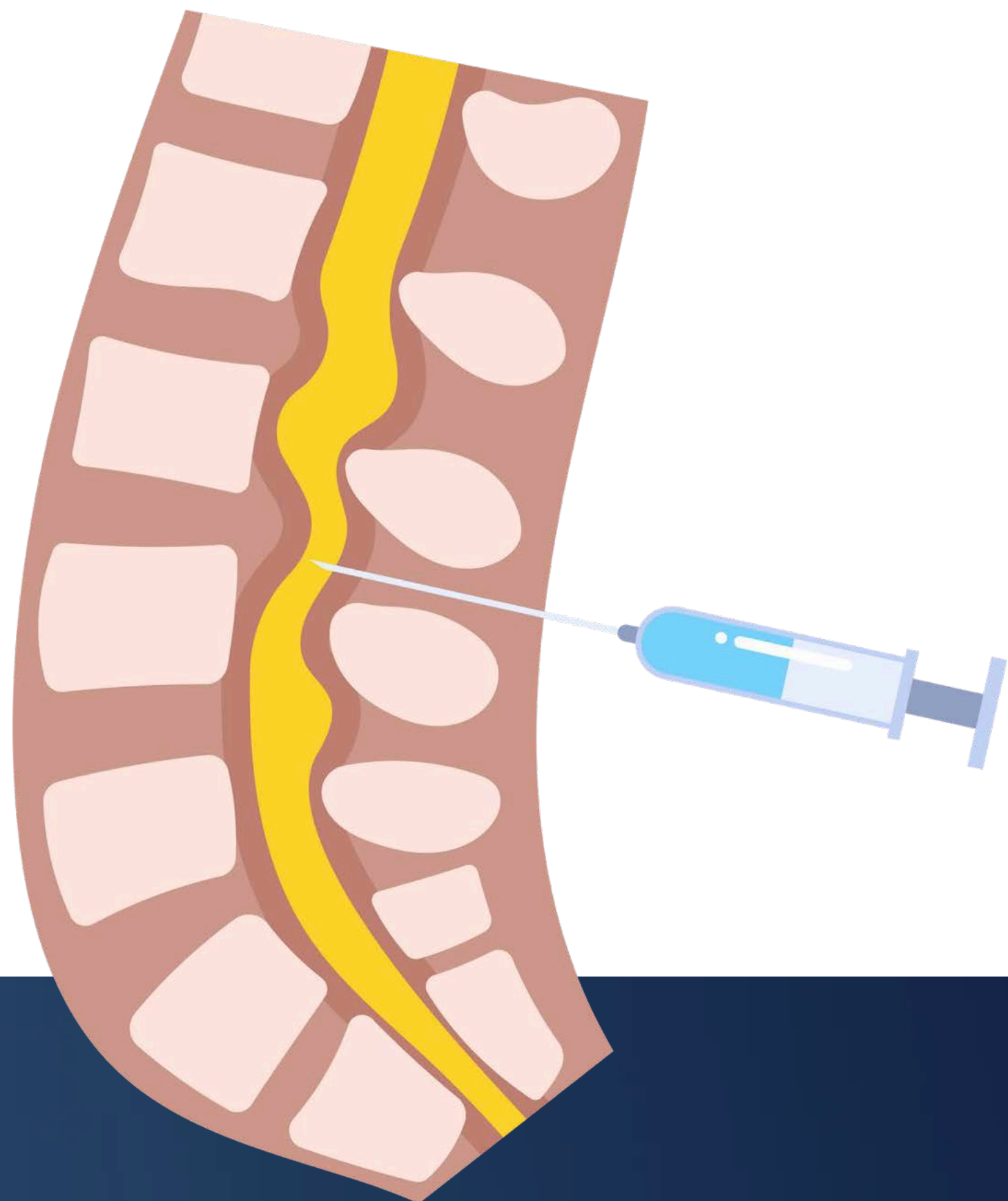
2000

SBH... aorund

2000

Peru... early 2020

2020



Surgery with my Abuelo



Dos de Mayo

Public Hospital







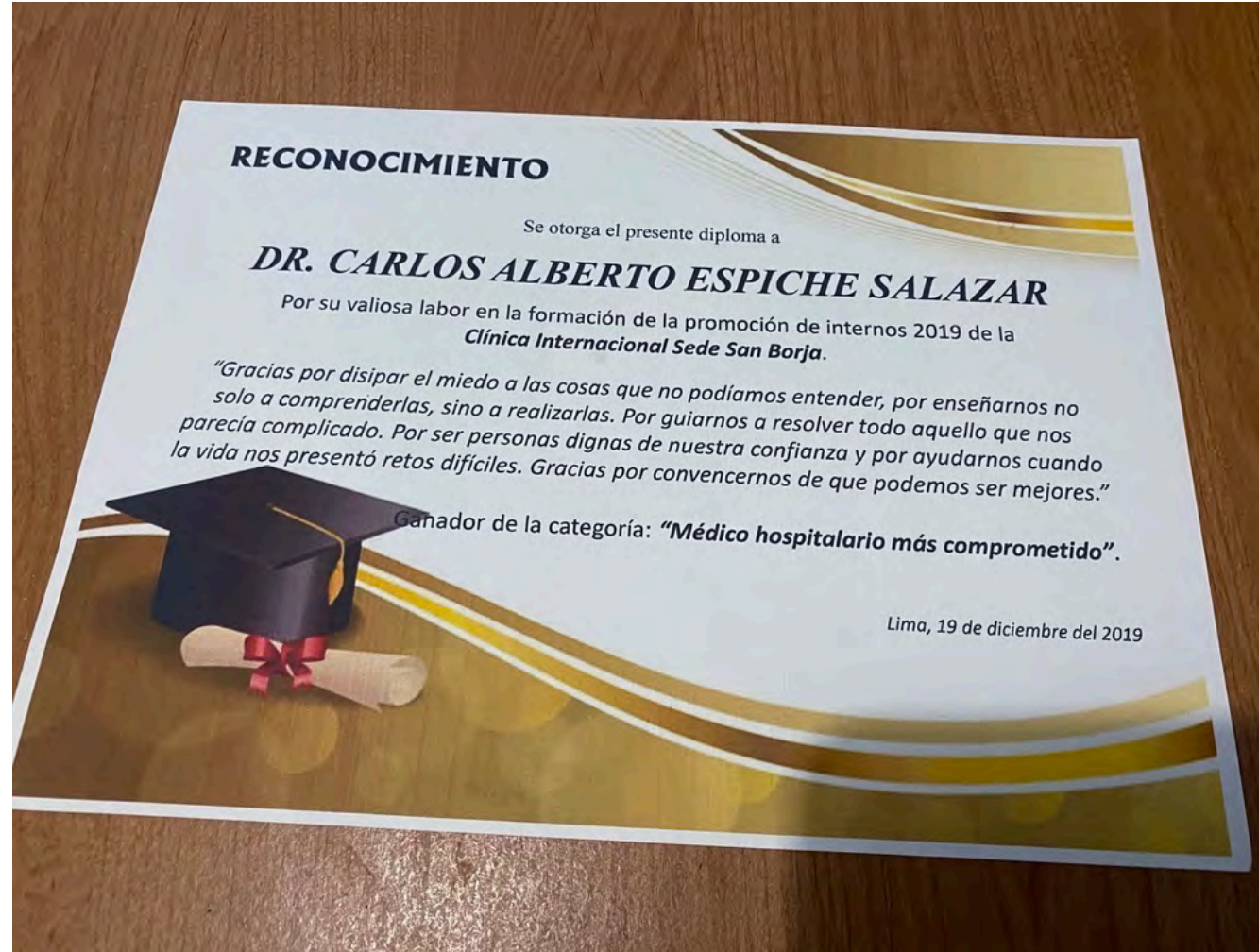
Endings



Graduation



Faculty and Work

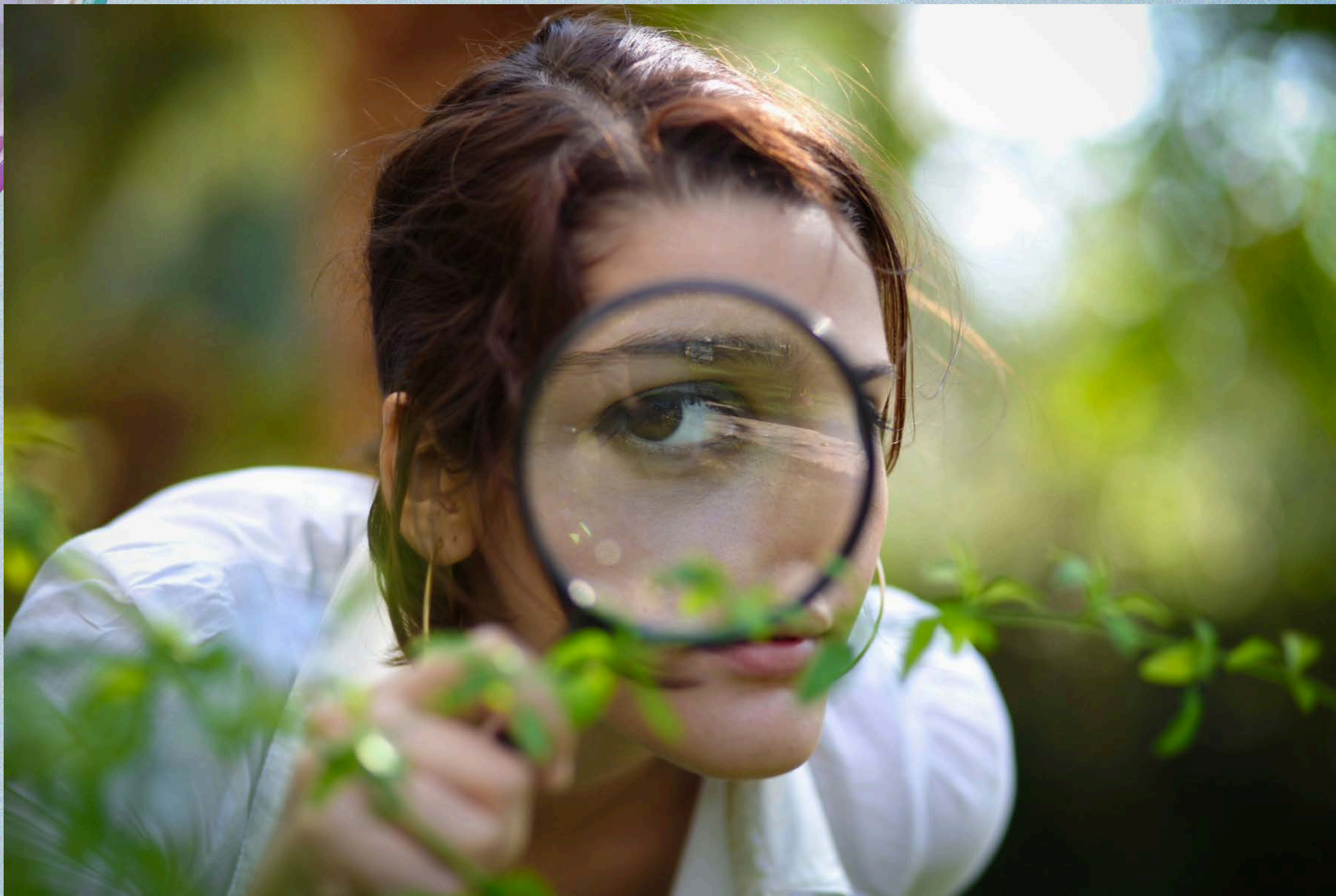


Jungle and Work



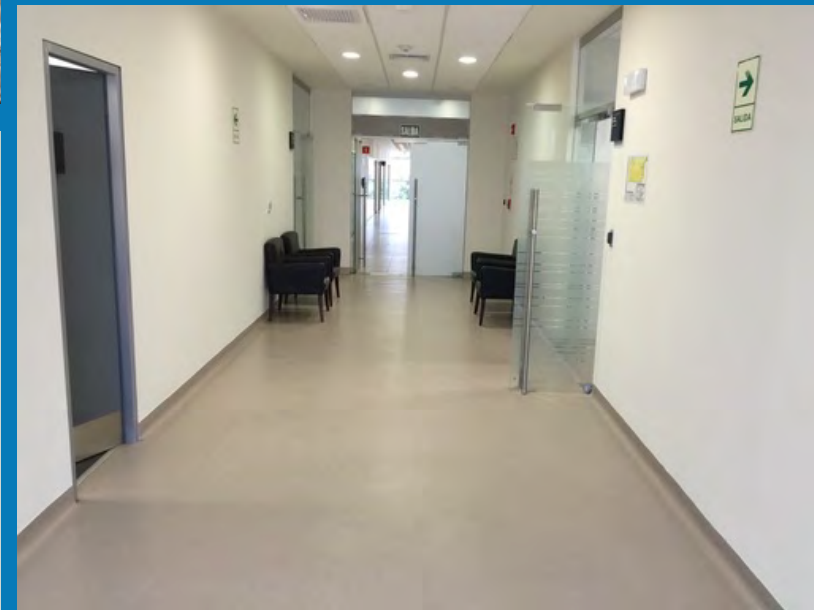
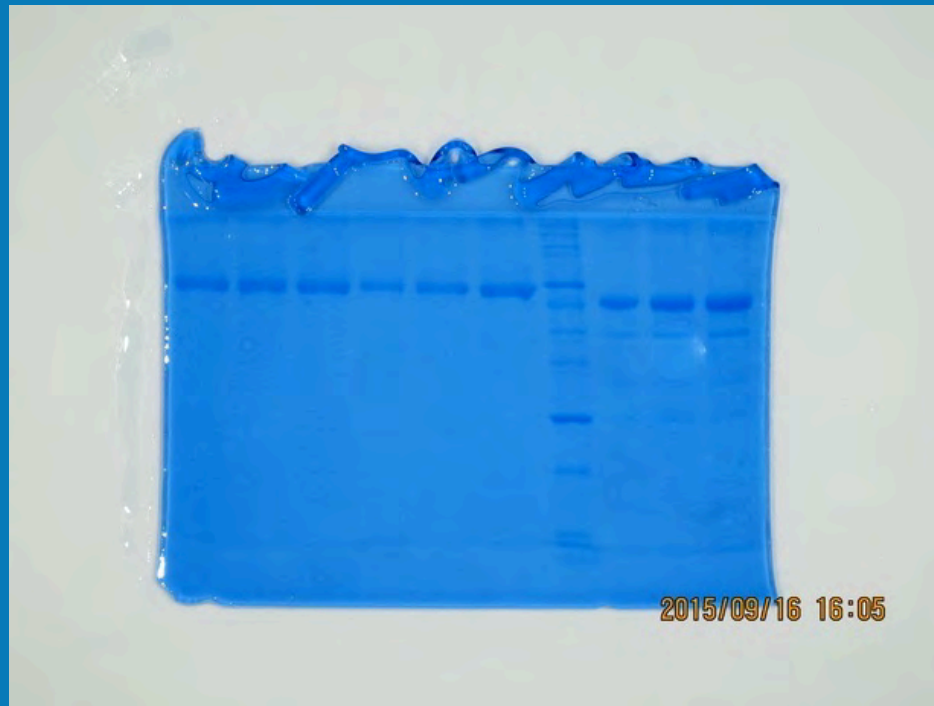


How to connect?



Curiosity!

Experimental Research



This is also research



...and this.



International Conference on Research in Education and Science (ICRES)
April 27-30, 2024, Antalya, TURKIYE

MEETING ROOM 5		
Virtual Presentations: April 30, 2024 - Tuesday 11.00-12.30		
CHAIRS	Assist. Prof. Dr. Ahmet Simsar, Assist. Prof. Dr. Rusen Meylani	
002041	YOUNG CHILDREN'S LISTENING SKILLS AND READING HABITS AT HOME <i>Ahmet Simsar*</i> , <i>Lutfiye Coskun</i> , <i>Hizir Dinler</i>	
002096	THE IMPACT OF ARTIFICIAL INTELLIGENCE ON PRE-SERVICE AND IN-SERVICE MATHEMATICS TEACHER EDUCATION: A COMPREHENSIVE LITERATURE REVIEW <i>Rusen Meylani*</i>	
0010222	EDUCATION OUTSIDE THE CLASSROOM: IMPORTANCE OF LEARNING SELF-REGULATION AND RESILIENCE IN GRADUATES OF HEALTHCARE <i>Carlos Espiche*</i> , <i>Katiuska Aliaga</i> , <i>Rossana Barros</i>	
	MEASURING UNIVERSITY STAFF MOBILITY IMPACT USING MOBILITY MATRIX <i>Orlis Valtins*</i> , <i>Zane Emilija Sarma</i>	
124	REVOLUTIONIZING BIOLOGY EDUCATION THROUGH ARTIFICIAL INTELLIGENCE: PEDAGOGICAL STRATEGIES, INNOVATIONS, AND ETHICAL FRAMEWORKS <i>Gamze Mercan*</i> , <i>Zumrut Varol Selcuk</i>	

Session Link: <https://us02web.zoom.us/j/6115459541> (Turkey time zone/GMT+3)

* Corresponding author



SBH



Hipertension

How it looks like?

Population	Recommendation	Grade
Adults 18 years or older without known hypertension	The USPSTF recommends screening for hypertension in adults 18 years or older with office blood pressure measurement (OBPM). The USPSTF recommends obtaining blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment.	A

Adultos mayores a 18 años sin hipertensión

La USPSTF recomienda medir la presión arterial en la oficina (OBPM) en esta población. Antes de empezar el tratamiento, se debe medir la presión arterial fuera del escenario clínico.

Quién? Who?

Despistaje de Hipertensión

How to implement this recommendation?

1. **Screen:** Measure blood pressure with an office blood pressure measurement.
2. **Confirm:** Take blood pressure measurements outside of the clinical setting to confirm a hypertension diagnosis before starting treatment.

Ways to measure blood pressure outside of the clinical setting include:

- *Ambulatory blood pressure monitoring:* patients wear a programmed portable device that automatically takes blood pressure measurements, typically in 20- to 30-minute intervals over 12 to 24 hours while patients go about their normal activities or are sleeping.
- *Home blood pressure monitoring:* patients measure their own blood pressure at home with an automated device. Measurements are taken much less frequently than with ambulatory blood pressure monitoring (eg, 1 to 2 times a day or week, although they can be spread out over more time).
- Blood pressure measurements should be taken at the brachial artery (upper arm) with a validated and accurate device in a seated position after 5 minutes of rest.

Despistaje de Hipertensión

How often?

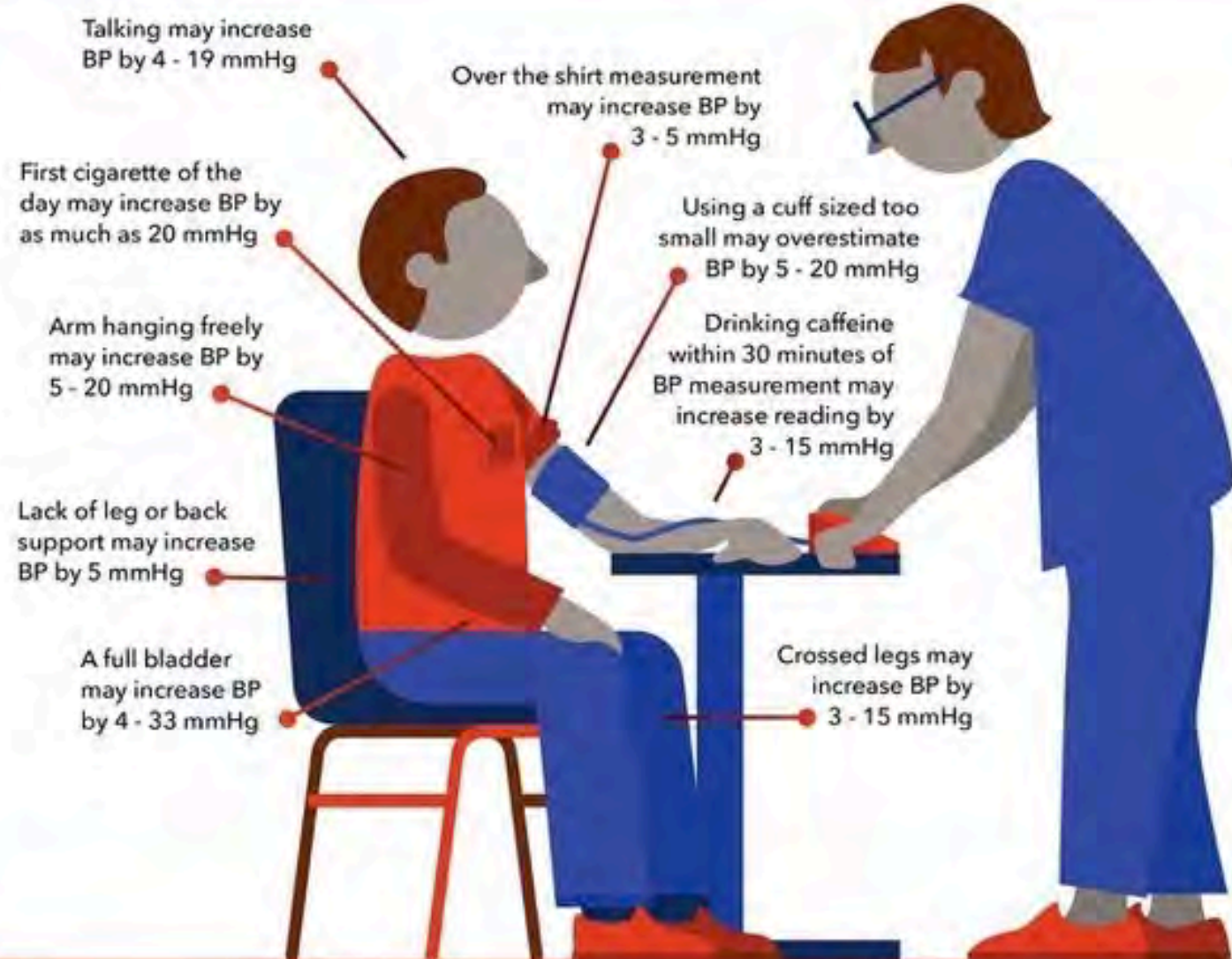
Although evidence on optimal screening intervals is limited, reasonable options include:

- Screening for hypertension every year in adults 40 years or older and in adults at increased risk for hypertension (such as Black persons, persons with high-normal blood pressure, or persons who are overweight or obese)
- Screening less frequently (ie, every 3 to 5 years) as appropriate for adults aged 18 to 39 years not at increased risk for hypertension and with a prior normal blood pressure reading.

VOLUNTEERS NEEDED



MISMEASUREMENT OF BLOOD PRESSURE IN THE OFFICE: FINDING THE COMMON MISTAKES



Abbreviations

- BP: blood pressure
- mmHg: millimeters of Mercury (unit of measurement for BP)

Faculty

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Scott B. Kirkpatrick, MD
Eugene Yang, MD, FACC



View the references



Educational grant support provided by Medtronic.

Visit ACC.org/LearnHTN to learn more!

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT
[HEART.ORG/HBP](https://www.heart.org/hbp)



Síntomas de un **ataque** al **CORAZÓN**

Dolor o sensación de peso en el pecho



Dolor en el pecho que se extiende a uno o ambos **brazos**



Dolor en el pecho que se extiende al **cuello** o **mandíbula**



Otras molestias: Dificultad para respirar, náuseas, sudor frío o mareos.

EL ATAQUE AL CORAZÓN ES UNA EMERGENCIA MÉDICA

Si el malestar dura más de 10 minutos o empeora

CONSULTE DE INMEDIATO en el Servicio de Urgencia más cercano.

Escala de Cincinnati

para evaluación de probable **EVC** en el medio prehospitalario

1

Desviación de la comisura labial



2

Debilidad de extremidad superior



3

Alteración en el habla



Spotlight: Si tan solo uno de estos es positivo, existe el 72% de probabilidad de que se trate de un EVC.

Se debe de llamar inmediatamente a emergencias, ya que de confirmar el diagnóstico, el tx consiste en administración de **rTPA** (si no está contraindicado) en las primeras **4,5 horas**

Diez recomendaciones

- Perder peso (un mmHg por kilogramo)
 - Un kilogramo = Un mmHg
 - Riesgo según perímetro de cintura
 - Hombres: más de 102 cm o 40 pulgadas
 - Mujeres: más de 89 cm o 35 pulgadas
- Ejercicio (Reduce 5 to 8 mmHg)
 - Limitar el ejercicio con máquinas a dos veces por semana
 - El ejercicio aeróbico por lo menos 30 minutos al día (por lo menos 5 días)
- Consumir una dieta saludable (Reduce 11 mmHg)
 - Dieta DASH
- Reduce salt consumption (Reduce 5 to 6 mmHg)
- Limit alcohol consumption (Reduce 4 mmHg)
 - Limitar al consumo de alcohol una vez por día o menos en mujeres
 - Limitar el consumo de alcohol dos veces por día o menos en hombres
 - Una bebida equivale a doce onzas de cerveza, 5 onzas de vino o 1.5 onzas de algún alcohol diferente

Diez recomendaciones

- Evitar el consumo de tabaco
- Medir la presión arterial en casa
- Reducir el estrés
- Tener un sistema de soporte
- Mantener un patrón de sueño
 - Dormir por lo menos 6 horas por día
 - Idealmente dormir de 7 a 8 horas por día

