

The importance of Cardiovascular Education in primary prevention programs: A comprehensive review and efficacy analysis - A simple summary of work development

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ABSTRACT

This abstract addresses the importance of cardiovascular education in primary prevention programs for cardiovascular disease (CVD). CVD is one of the leading causes of global morbidity and mortality, and primary prevention programs aim to reduce its incidence and severity. Cardiovascular education emerges as an essential component of these programs, seeking to promote healthy behaviors and lifestyles.

Keywords: Cardiovascular Education, Primary Prevention Programs.

INTRODUCTION

This summary addresses the importance of cardiovascular education in primary prevention programs for cardiovascular disease (CVD). CVD is one of the leading causes of global morbidity and mortality, and primary prevention programs aim to reduce its incidence and severity. Cardiovascular education emerges as an essential component of these programs, seeking to promote healthy behaviors and lifestyles.

The study proposes a comprehensive analysis of the effectiveness of cardiovascular education in primary prevention programs, using literature review and critical analysis of interventions. Objectives include assessing the impact of education on knowledge and behavior change, examining educational models and strategies, evaluating community and culturally adapted programs, analyzing behavior and lifestyle changes, evaluating costs and benefits, and identifying gaps in the literature.

METHODOLOGY

The methodology involved a literature review in databases such as PubMed and Scopus, with inclusion/exclusion criteria and qualitative analysis of the data. The review is organized into sections that address CVD, primary prevention, the role of cardiovascular education, existing educational programs, and efficacy analysis.

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DISCUSSION AND RESULTS FOUND THROUGHOUT THE DEVELOPMENT OF THE WORK

Results highlight the prevalence and impact of CVD, objectives of primary prevention programs, models such as MoFoP and SPICES, and the crucial role of cardiovascular education. Community-based and culturally tailored programs are effective, focusing on the specific needs of ethnic groups. Evidence indicates that educational interventions improve knowledge and promote behavioral change.

In the efficacy analysis, programs adapted to hypertensive patients show tangible benefits, with reductions in blood pressure. The cost-benefit assessment highlights the importance of considering consistent effectiveness over time.

CONCLUSION OF THE STUDY

Conclusions underscore the importance of cardiovascular education in primary prevention, showing that programs focused on risk factors can significantly reduce the risk of CVD. Despite success, physical inactivity persists, highlighting the need for innovative approaches. Recommendations include evidence-based strategies to promote healthy lifestyles and reduce the burden of CVD.



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