

Challenges in the early diagnosis of cardiovascular diseases in primary care in Brazil: Analysis and proposals for solutions

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ABSTRACT

Cardiovascular diseases are leading causes of morbidity and mortality globally, including in Brazil. Primary health care plays a critical role in their prevention and early management, yet faces challenges like inadequate training of health professionals, limited diagnostic infrastructure, and patient adherence issues. Overcoming these obstacles is essential to enhance early detection through improved strategies in primary care, aiming to mitigate disease impact and reduce healthcare costs associated with advanced stages.

Keywords: Cardiovascular diseases, Early diagnosis, Public health.

INTRODUCTION

Cardiovascular diseases are one of the main causes of morbidity and mortality in Brazil and globally. Primary health care plays a crucial role in the prevention and early management of these conditions, providing opportunities for interventions that can reduce both the incidence and associated complications.

However, the early diagnosis of cardiovascular diseases in primary care faces significant challenges, such as the lack of training of health professionals in the identification of risk factors, limited infrastructure for adequate diagnostic tests, and irregular patient adherence to prevention programs. These obstacles compromise the effectiveness of preventive measures and the early management of diseases.

Understanding these challenges is crucial to develop strategies that strengthen the capacity of primary care to identify cardiovascular diseases early, improving clinical outcomes and reducing costs associated with treatments in advanced stages.

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OBJECTIVE

This study aims to analyze the main challenges faced in the early identification of cardiovascular diseases in primary care in Brazil and to propose viable solutions to improve this clinical practice.

METHODOLOGY

A literature review was carried out in databases such as SciELO and PubMed, using the descriptors "cardiovascular diseases", "primary health care", "early diagnosis", and "Brazil". Articles published in the last five years that specifically addressed the challenges and proposals for the early diagnosis of cardiovascular diseases in primary care were selected.

RESULTS

The main challenges identified include the lack of training of health professionals in identifying cardiovascular risk factors, the low adherence of patients to prevention programs, and the limited infrastructure in primary health care units to carry out appropriate diagnostic tests. Solution proposals include the implementation of evidence-based cardiovascular screening protocols, the continuous training of health professionals, and the strengthening of integration between primary care and specialized services.

CONCLUSIONS

Investing in strategies that strengthen the capacity of primary care to diagnose cardiovascular diseases early is fundamental. The implementation of public policies that encourage the continuing education of professionals and the improvement of the infrastructure of basic health units are essential to achieve this goal. Promoting an integrated and holistic approach to cardiovascular care in primary care can not only reduce the burden of cardiovascular disease, but also improve the quality of life of the population.