

# World Heart Day was celebrated at the Catholic University of Croatia by organizing a Workshop on Electrocardiography

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On World Heart Day, September 29<sup>th</sup>, the University Department of Nursing of the Catholic University of Croatia actively contributed to the global network for the promotion and preservation of heart health this year by organizing an educational workshop "Recording ECG and interpreting basic heart rhythms" in collaboration with the Croatian Association of Cardiological Nurses. The workshop was intended for university students as well as for nurses employed in cooperating institutions. The aim of the workshop was to enhance the competencies of nurses in the field of electrocardiography and to emphasize the crucial role of prevention of cardiovascular diseases, which remain the leading cause of mortality globally<sup>1</sup>. The workshop program, designed and led by the teachers at the University Department of Nursing, was divided into two segments: theoretical and practical. In the first segment, the theoretical foundations of recording and interpreting ECG were presented, with a special focus on basic rhythms and rhythms of cardiac arrest, and the corresponding actions of nurses. The second, practical part, allowed participants to acquire practical skills in recording standard and modified forms of ECG. At the beginning and end of the workshop, participants tested their knowledge with a written check. The total point scale ranged from 0 to 20 points. The initial test was solved by participants with 65% success (average 13/20 points). After the education, the success of the written check was 85% (17/20 points). The lowest percentage of exam resolution was 31% before education and 61% after education. Respondents evidently strengthened competencies in distinguishing malignant heart rhythms, phases of the cardiac cycle, and physiology of heart function, while practical positioning of electrodes and ECG recording was satisfactory both before and after education. The results show that in addition to practical skills in ECG recording, nurses also need an understanding of the basic principles of ECG and basic interpretation. Through this initiative, the University Department of Nursing not only marked World Heart Day but also actively contributed to raising the standard of expertise and knowledge in cardiological care, highlighting the crucial role of nurses in the prevention and fight against cardiovascular diseases.

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## LITERATURE

1. Berra K, Miller NH, Fair JM. Cardiovascular disease prevention and disease management: A critical role for nursing. *J Cardiopulm Rehabil.* 2006 Jul-Aug;26(4):197-206. <https://doi.org/10.1097/00008483-200607000-00001>