

# MY HEART JOURNEY

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Essentia Health Fargo

OCT. 2023



## SPEAKER DISCLOSURE SLIDE

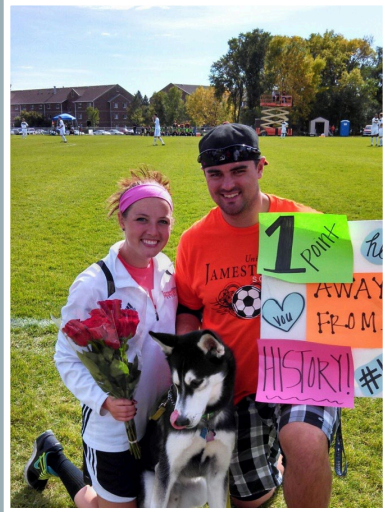
- ❑ I currently work for Essentia Health in Fargo as a Registered Nurse.
  - ❑ They did not pay me to be here to speak to you today.
  - ❑ I am not speaking for financial gain of any kind.
    - ❑ I am only here to tell my story 😊

- Hannah Grubb, RN

## ABOUT ME



- Fargo, ND native
  - Oak Grove Highschool
- Graduated from the University of Jamestown 2014
  - College Soccer throughout nursing school
  - Very healthy/ No health history / family hx
- Met my husband, Brennen at Jamestown
- We currently reside in my home town, of South Fargo.



# ABOUT ME

Sports were my life.

Training multiple times a day.



# ABOUT ME

## Nursing Career

-Cardiac and Intermediate Care Nursing for 7 years

Never heard of S.C.A.D

-Currently Administrative Supervisor/One Call RN last 3 years

Married with 2 beautiful children

First pregnancy /delivery flawless

Second pregnancy / delivery normal

-- Until the post partum period..

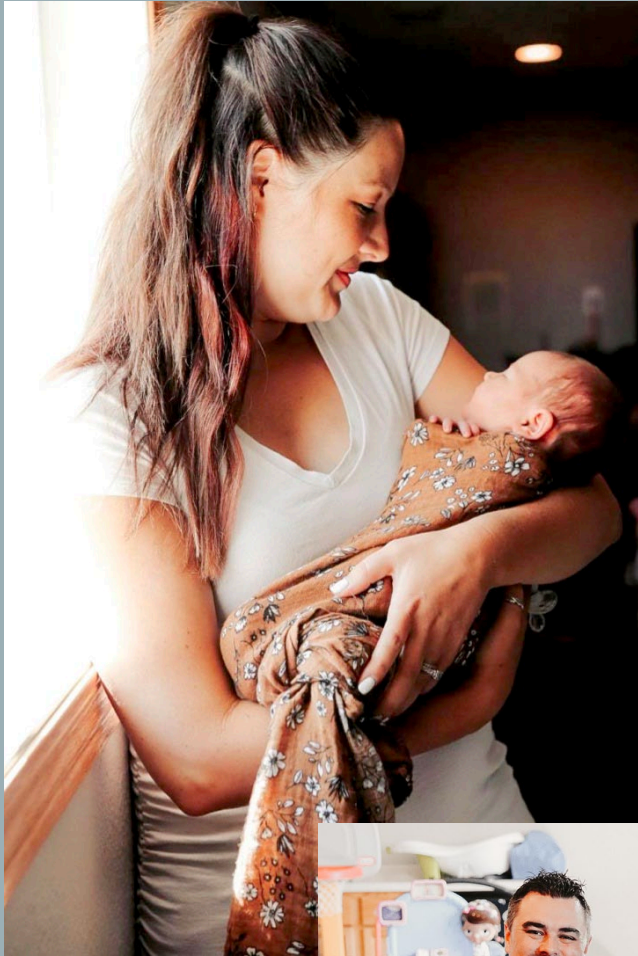


# ELLIE LOU

JULY, 27 2020

- Covid Baby
  - Crazy time to be alive
- Prenatal care
  - Telehealth, parking lot checks
- Delivery was unremarkable
  - She was healthy
- Discharged 2 days later
  - Anxious to get home
- Missed my best friends wedding 😞





← 4 Days after Ellie was born  
-OB team unsure  
-My First trip to the ED

My Family urging me to take this seriously..

# POST PARTUM PERIOD



## SYMPTOMS AT HOME

- Exhausted / Fatigued
- Short of Breath Laying Down
- Bradycardic (HR 40s)
- ”Chest twinging” vs Breasts hurting
- Very Emotional / Post Partum Blues?
- Something Wasn’t Right
  - Feeling helpless. Failure. Feeling unwell.
  - I just wanted to focus on taking care of Ellie



AUGUST 4<sup>TH</sup>, 2020



**AUGUST 5<sup>TH</sup>, 2020**

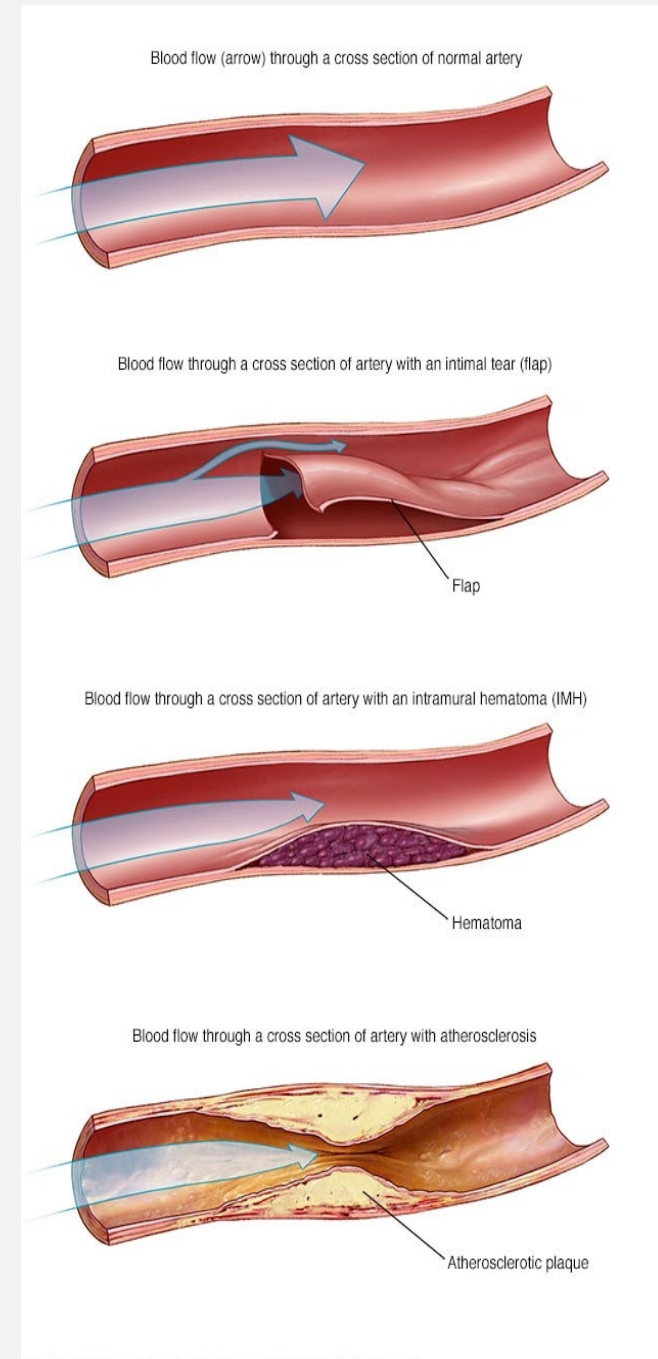
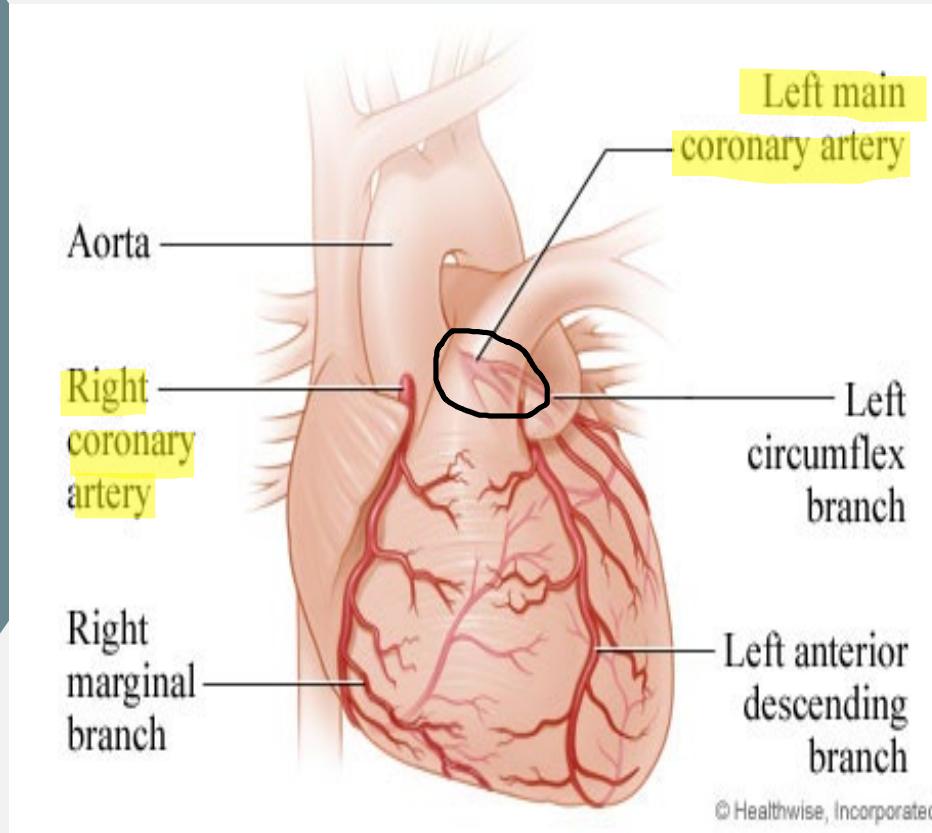
The background of the slide is a faint ECG (heart rate) tracing on a grid. A black oval is drawn around the title text at the top center of the page.

## SPONTANEOUS CORONARY ARTERY DISSECTION

- Troponin
- Cardiac Marker (0.04, 14.7, 30.5)
- Confirmed Heart Attack
  - Chest Pain had resolved.
- EKG- Showing ST depression (MI had occurred)
- Cardiac Angiogram planned
  - First time hearing : Spontaneous Coronary Artery Dissection. “SCAD”

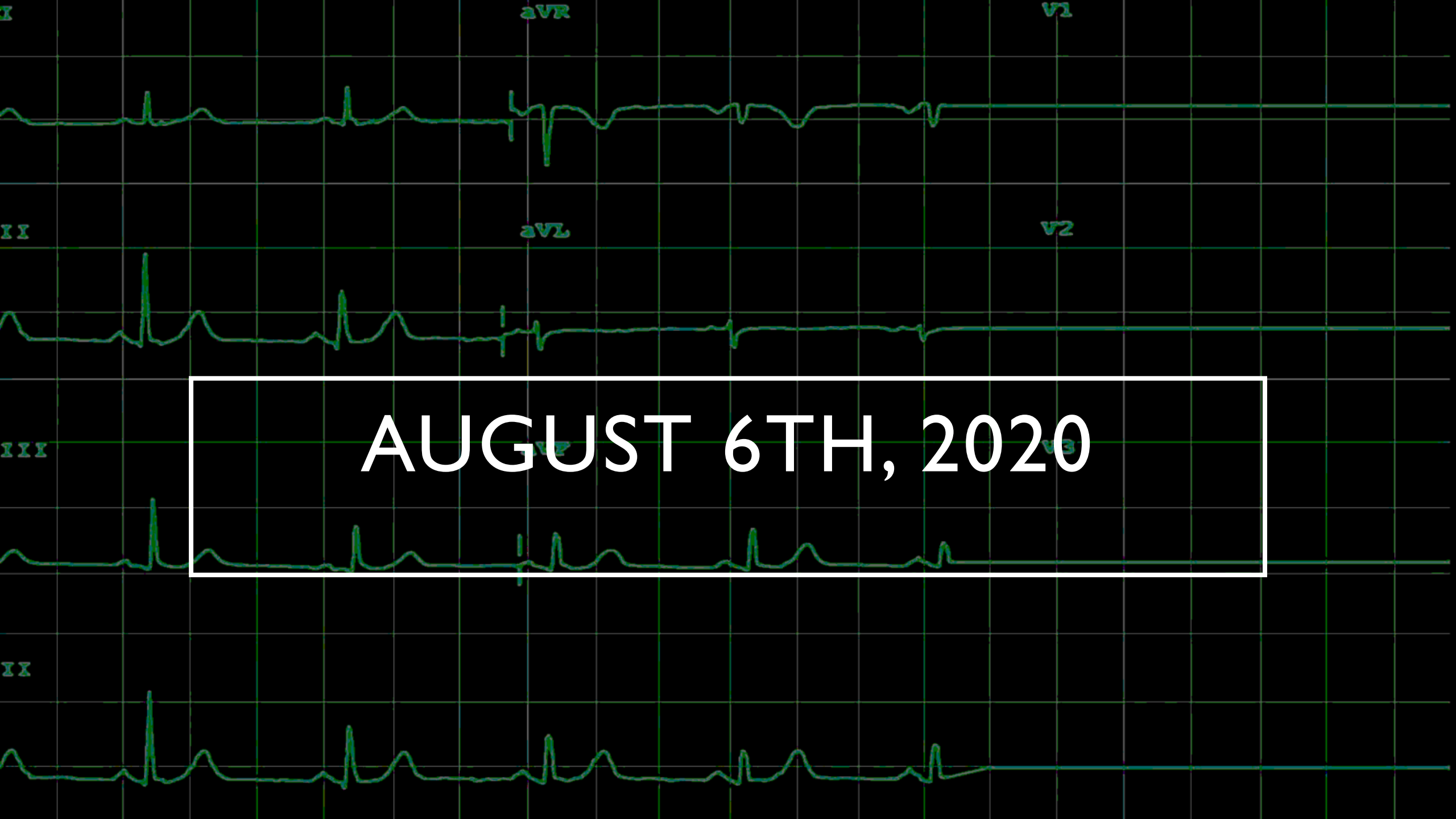
# ANGIOGRAM

- “Cardiac Catheterization”
- Cardiac Plummers vs. Electricians
  - Groin vs Wrist Access





TRANSFERRED  
TO HIGHER LEVEL OF CARE



AUGUST 6TH, 2020

## Second Heart Attack

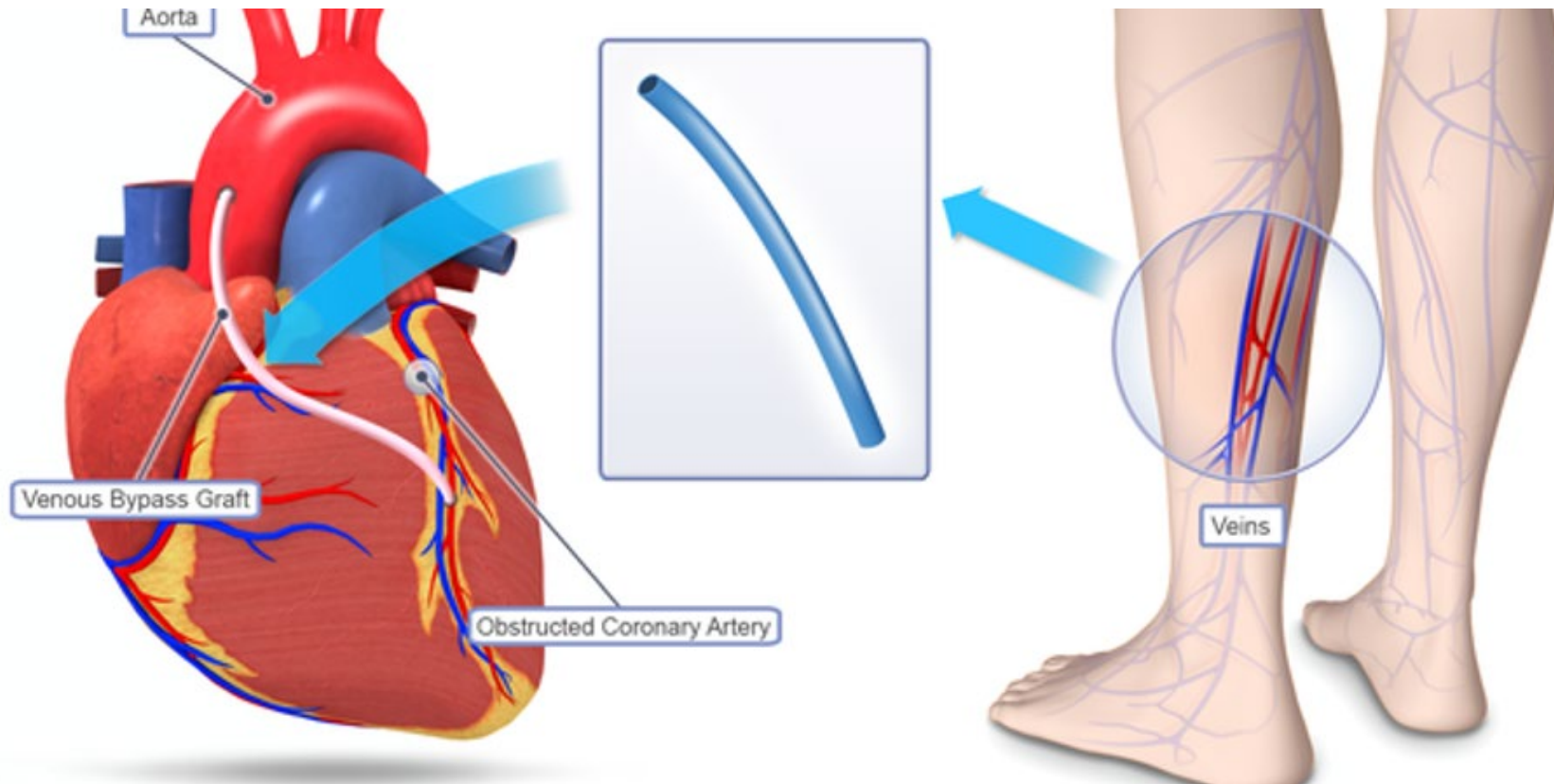
Emergent Cath – Crushing 10/10 Chest pain

- Electrical and Plumbing Problem
- Ventricular Tachycardia
  - With and Without Pulses
  - Defibrillated 13 times
  - CPR

RUSHED TO OR - EMERGENT  
CORONARY ARTERY BIPASS  
GRAFTING SURGERY (**CABG**)



# CORONARY ARTERY BIPASS GRAFTING MAGIC!!!





# MY SCARS



**hannahbelle\_04**  
Sanford Medical Center



# POST OPERATIVE DAYS

- ❖ 38 Hours in Ventilated Coma
- ❖ Intensive Care Unit – Immobility for the first time in my life..
- ❖ Woke up Not Surprised
- ❖ Surrounded by Family
- ❖ ICU Medications / Procedures
- ❖ Physical Therapy
- ❖ Learning Stairs / Balance
- ❖ Humbled.



## GOING HOME

- Anxious to see my Daughter & my Son
  - Bonding? Vs Caring for myself?
- Learned how to be Vulnerable / Ask for Help
- New View on Life
  - My “New Glasses”
  - HUMBLLED!
  - Educate! Do something with this..

❖ Memories...

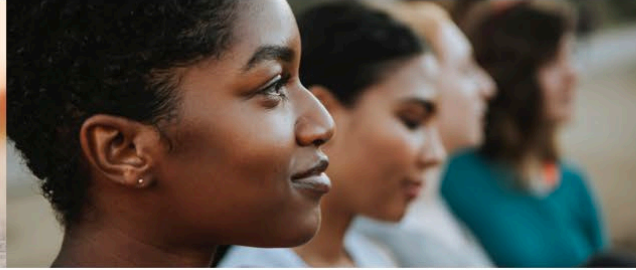


WHY DID THIS HAPPEN TO ME!???

# WHO HAS A SCAD?



**Most are YOUNG, HEALTHY, ACTIVE WOMEN. The average age is 42**



**SCAD is the #1 cause of heart attacks among WOMEN UNDER the AGE of 50**



**SCAD is the #1 cause of heart attacks in NEW MOTHERS and PREGNANT WOMEN**



**Often there is NO FAMILY HISTORY of heart disease**



**Although less common, SCAD can affect MEN too**



**Many have abnormalities of other arteries, most commonly fibromuscular dysplasia (FMD)**

**SO...WHAT NOW?**

## ❖ Cardiac Rehab

❖ Yoga, Cardio (restrictions), HR control, -->

Incentive Spirometry

## ❖ Medications

❖ Blood thinner, BB, Entresto

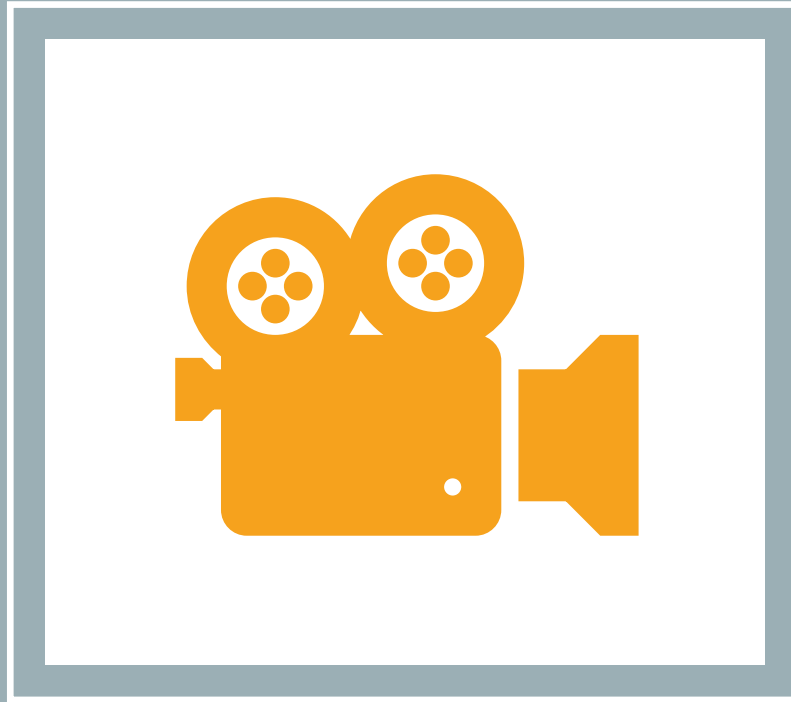
## ❖ Heart Failure Patient

❖ Echocardiograms

## ❖ Councilor/ PTSD/Trauma

❖ EMDR





VIDEO TIME





THANKS FOR  
LISTENING!



# REFERENCES

The Mayo Clinic, 2023 :

<https://www.mayoclinic.org/diseases-conditions/spontaneous-coronary-artery-dissection/symptoms-causes/syc-20353711>

The American Heart Association, 2023 :

<https://www.heart.org/en/health-topics/heart-attack/about-heart-attacks/coronary-artery-dissection-not-just-a-heart-attack>