



### Zamora Vital Heartbeat



Zamora, Spain



Mountain area, Hilly, Flat, River



**Led by:** Recoletas Hospital Group

**Dynamo partner:** D3 - Diputación Zamora



Supported by regional/local funding and Private investment, 120.000€

**Local services, health and wellbeing**

**Connected devices for care and wellbeing services; Public health and one-health human**

### Aim

Pulso Vital is a project aimed at raising awareness in the province of Zamora about the importance of preventing strokes through the early detection of atrial fibrillation (which is associated with over 30% of strokes).

By installing permanent Pulso Vital kiosks in various towns across Zamora or visiting the mobile unit that toured the province on scheduled dates, anyone could measure their risk of atrial fibrillation and receive a quick diagnosis. Once a diagnosis was established, a simple treatment could nearly eliminate the risk of stroke secondary to atrial fibrillation. If atrial fibrillation was detected in any patient, they could immediately schedule a free appointment with their cardiologist at the Recoletas Hospitals located in the province of Zamora.

Raising awareness about the importance of recognizing stroke symptoms is crucial, but it is equally necessary to promote prevention programs by highlighting the data on this condition, whose incidence increases with the aging population.

Stroke is the leading cause of death among women in Spain: more than twice as many women die from strokes as from breast cancer, and about 14 times more than from traffic accidents. A stroke occurs every six minutes, making it the second leading cause of death in Spain and the leading cause of disability in Western countries.

Benefits of the project:

- Promotion of health and healthy habits.
- Reduce public expenses related to heart surgeries by preventing severe cardiac issues through early detection and treatment.
- Increased public awareness of cardiovascular health.
- Epidemiological study of stroke risk in the population of Zamora.



Pulso vital kiosk

# Story

The germ of this solution arose due to the increase in stroke cases in the province of Zamora, particularly among older people and women. This alarming trend prompted Diputación de Zamora (County Council) to take action in the municipalities to raise awareness about the serious consequences of this disease. Seeking a preventive and early intervention measure, "Pulso Vital" was developed—a technological device that allows individuals to immediately test for atrial fibrillation and check whether their ventricular rhythm is disordered or within desired levels.

To implement this initiative, Diputación de Zamora reached out to the Hospital Recoletas Group for medical support. This collaboration led to the involvement of Dr. Santos Iglesias, head of the cardiology department at the Recoletas Hospital in Zamora.

The Zamora Provincial Council aimed to make this measure accessible in all localities. Thus, the "Vital Pulse Network" was created by installing the device in each municipality. This effort successfully ensured that everyone had access to this crucial health service.

Ultimately, the project proved to be a success, providing users with a convenient, local service that protects their health right at their doorstep. The kiosks and mobile unit are still working (and can be used by people) in several municipalities of the province.

Outcomes of the solutions:

1. **Improved Health Outcomes:** By providing early detection of atrial fibrillation (AF), the project helps to prevent strokes, which are often debilitating and life-threatening.
2. **Increased Awareness and Education:** The project raises awareness about the importance of cardiovascular health and the risks associated with AF.
3. **Accessible Healthcare Services:** The presence of Pulso Vital kiosks and the mobile vehicle ensures that even those in remote areas have access to

diagnostic services.

4. **Convenient and Immediate Diagnosis:** With the installation of permanent kiosks and the mobile unit, residents can easily check their risk for AF without the need for a specialized appointment.
5. **Cost-Effective Preventative Care:** Preventing strokes through early detection and treatment of AF is more cost-effective than treating stroke and its complications.
6. **Reduced Burden on Healthcare System:** By diagnosing and treating AF early, the project can help reduce the number of emergency cases and hospitalizations due to strokes, easing the pressure on local healthcare facilities.
7. **Enhanced Community Engagement:** The initiative encourages community participation and engagement in health-related activities. This can foster a stronger sense of community and collective responsibility towards health and well-being.
8. **Immediate Access to Specialist Care:** Once diagnosed with AF, patients can quickly secure a free appointment with a cardiologist at Recoletas Hospitals.
9. **Reduction in Mortality and Morbidity:** Effective management of AF and prevention of strokes can significantly reduce mortality and morbidity rates in rural areas, contributing to a healthier and more productive population.
10. **Promotion of Preventive Health Practices:** The project's focus on prevention rather than treatment aligns with broader public health goals of promoting preventive healthcare practices, which can lead to long-term health benefits for the rural population.

## CROSS-CUTTING PRIORITIES

**Social justice and inclusion**



## INNOVATION

**Social, organizational and governance**



**Digital and technological innovation**



**Technical innovation**




Website: <https://www.pulsovitalzamora.es/>



Co-funded by  
the European Union

Project funded by

 Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra  
Swiss Confederation

Federal Department of Economic Affairs,  
Education and Research SERI  
State Secretariat for Education,  
Research and Innovation SERI



UK Research  
and Innovation