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Myocardial Infarction

Patient name: _____

Admission: _____

NRS	
DATE	INITIAL

I. The client/caregiver can define myocardial infarction.

- A. A myocardial infarction results from reduced or blocked blood flow through one of the coronary arteries to the myocardial tissue.
- B. This blockage causes death of the heart tissue.

II. The client/caregiver can list factors that may increase risk of myocardial infarction but cannot be changed.

- A. Increasing age
- B. Gender (men are at greater risk)
- C. Heredity, which includes individual family history and race

III. The client/caregiver can list major risk factors that can be modified to decrease risk for heart disease.

- A. Use of tobacco products
- B. High blood cholesterol
- C. High blood pressure
- D. Physical inactivity
- E. Obesity
- F. Diabetes mellitus
- G. Stress
- H. Alcohol abuse

IV. The client/caregiver can recognize signs and symptoms of a myocardial infarction.

- A. Chest discomfort or pain often described as an uncomfortable pressure, crushing or squeezing pain, or substernal pain. Pain usually occurs in the middle of chest.
- B. Discomfort or pain in one or both arms, back, neck, jaw or stomach
- C. Shortness of breath
- D. Complaints of nausea, lightheadedness, or sweating
- E. Anxiety or feeling of dread

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V. The client/caregiver will know what to do if signs of myocardial infarction occur.

- A. Remain calm and assist client into comfortable position.
- B. Call 911.
- C. Follow any previous instructions from physician regarding medication to be used in this type of emergency.
- D. If the client loses consciousness and no pulse is found, cardiopulmonary resuscitation should begin and continue until trained help arrives.

VI. The client/caregiver can list measures to prevent a reoccurrence of myocardial infarction.

- A. Explain the medication treatment plan ordered by physician. Understanding the medication regimen will promote compliance.
- B. Lose weight if overweight (weight-loss diet guide).
- C. Follow the cardiac disease dietary recommendation of low-fat, low-cholesterol, and low-sodium diet (give related teaching guides).
- D. Encourage client to participate in a cardiac rehabilitation program.
- E. Understand physical limitations as dictated by physician and cardiac rehabilitation program. Clarify when and how to resume sexual activity.
- F. Monitor blood pressure and pulse.
- G. Avoid alcohol.
- H. Avoid use of tobacco products (tobacco-cessation guide).
- I. Learn and use stress-management techniques (stress-management guide).
- J. Learn what symptoms to report to physician immediately, such as chest pain, shortness of breath, or changes in blood pressure or pulse.

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- K. Monitor and report symptoms of depression to physician.
- L. Use Medic Alert cards or bracelets indicating health history and medications.

VII. The client/caregiver is aware of possible complications.

- A. Dysrhythmias
- B. Cardiogenic shock
- C. Arterial or pulmonary embolism
- D. Pericarditis
- E. Mitral insufficiency

RESOURCES

American Heart Association
www.americanheart.org

National Institutes of Health
www.nih.gov

American Red Cross Services—CPR
www.redcross.org/services

American Dietetic Association
www.eatright.org

Cardiac rehabilitation programs offered at many hospital centers

Support groups for weight control and smoking cessation

United States Department of Health and Human Services
www.surgeongeneral.gov/tobacco/

U.S. Food and Drug Administration
www.fda.gov/hearthealth

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