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Lifestyle Changes among Patients with Myocardial Infarction

Thesis

Submitted for Partial Fulfillment of Master Degree in

(Nursing Sciences Medical Surgical Nursing)

By

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Aya Sobhy Fahmy Elkashef

Lifestyle Changes among Patients with Myocardial Infarction

Abstract

Background: Myocardial infarction (MI), also known as a heart attack, occurs when blood flow decreases or stops to a part of the heart, causing damage to the muscle. **Aim of the study:** To assess life style changes among patients with MI through: assessing demographic data, patients knowledge about the disease, also assessing life style practices among patient with MI. **Study Design:** A descriptive exploratory research design was utilized. **Setting:** The study was conducted in the cardiac care unites at Ain shams university hospital. **Study Subjects:** A purposive sample of 100 patients with MI was included in the study. **Data Collection Tools:** Patients' structured interviewing questionnaire, Patients Level of Knowledge Questionnaire & Lifestyle Practices Questionnaire. **Results:** This study revealed that 53% of the studied patients had correct knowledge about definition of the disease and its causes. Also, 72% of them had unsatisfactory level of knowledge about myocardial infarction. Regarding to total physical lifestyle practices 70% of the studied patients have unhealthy physical lifestyle practices. Regarding to psychological state 62% of the studied patients always felt bad tempered and 65% of them were stressed. Regarding to social status 58% of the studied patients always have lack of motivation to think about the future.**Conclusion** Based on the findings of this study it can be concluded that near three quarters of the studied patients had un-satisfactory level of knowleadge about MI and two thirds of them had un-satisfactory level of total knowledge regarding life style changes after MI. Even though the majority of studied patients were commitment to the treatment. This part had answered the first question. Also, three quarters of studied patients had un-healthy life style practices.. **Recommendations:** Include rehabilitation program must held for patients with MI to meet the needs (therapeutic regiment, follow up, exercise and dietary information after MI) and Coping strategies must be delivered for patients with MI about life style changes.

Keywords: Patients, Myocardial Infarction, Lifestyle.

List of contents

Title	No.
List of tables	i
List of figures	iv
List of Abbreviations	vi
List of Appendices	viii
Introduction	1
Aim of the study	6
Review of literature	7
Patients and methods	49
Results	61
Discussion	96
Conclusion	120
Recommendations	121
Summary	122
References	134
Appendices	158
Protocol	173
Arabic Summary	-

List of Tables

No of Table	Title	Page
1-a	Percentage distribution of the studied patients according to their demographic characteristics.	**62**
1-b	Percentage distribution of the studied patients according to their socio demographic characteristics.	**64**
2-a	Percentage distribution of the studied patients according to their current history.	**66**
2-b	Percentage distribution of the studied patients according to their current history.	**68**
3	Percentage distribution of the studied patients according to their previous and family history.	**70**
4	Percentage distribution of the studied patients according to their knowledge about myocardial infarction.	**72**
5	Percentage distribution of the studied patients according to their knowledge about lifestyle changes after myocardial infarction.	**75**

No of Table	Title	Page
6	Percentage distribution of the studied patients according to their total knowledge about lifestyle changes after myocardial infarction.	**78**
7-a	Percentage distribution of the studied patients according to their physical status (exercise, activities of daily living).	**80**
7-b	Percentage distribution of the studied patients according to their nutritional status changes.	**81**
7-c	Percentage distribution of the studied patients according to their medication's commitment and smoking.	**82**
8	Number and percentage distribution of the studied patients according to their psychological state.	**85**
9	Percentage distribution of the studied patients according to their social status changes.	**87**
10	Relation between patients' demographic characteristic and their total knowledge about lifestyle changes after myocardial infarction.	**90**

No of Table	Title	Page
11	Relation between patients' clinical data and their total knowledge about lifestyle changes after myocardial infarction.	**92**
12	Relation between patients' demographic characteristic and their total lifestyle practices.	**93**
13	Correlation between patients' knowledge and their total lifestyle practices.	**95**

List of Figures

Figure	Title	Page
List of Figure in review		
1	Anatomy and physiology of Cardiovascular system.	**8**
2	Myocardial infarction disease.	**13**
List of Figure in Results		
1	Percentage distribution of the studied patients according to their educational level.	**63**
2	Percentage distribution of the studied patients according to their knowledge about myocardial infarction.	**74**
3	Percentage distribution of the studied patients according to their knowledge about myocardial infarction.	**77**
4	Percentage distribution of the studied patients according to their total level of knowledge about lifestyle changes after myocardial infarction.	**79**
5	Percentage distribution of the studied patients according to physical lifestyle practices.	**83**

Figure	Title	Page
6	Percentage distribution of the studied patients according to their total physical lifestyle practices.	**84**
7	Percentage distribution of the studied patients according to their total psychological lifestyle practices.	**86**
8	Percentage distribution of the studied patients according to their total social lifestyle practices.	**88**
9	Percentage distribution of the studied patients according to their total lifestyle practices.	**89**

List of Abbreviations

Abbreviations	Full term
ACEIs	Angiotensin Converting Enzyme Inhibitors
ACS	Acute Coronary Syndrome
ADL	Activity of Daily Living
AHA	American Heart Association
ARBs	Angiotensin Receptor Blockers
AV	Atrioventricular
CABG	Coronary Artery Bypass Graft Surgery
CAD	Coronary Artery Disease
CHD	Coronary Heart Disease
CK	Creatine Kinase
CO	Cardiac Output
CTnI	Cardiac-Specific Troponin I
CTnT	Cardiac-Specific Troponin T
CVD	Cardiovascular Disease
ECG	Electrocardiogram
HF	Heart Failure
IABP	Intra-Aortic Balloon Pump
IHD	Ischemic Heart Disease
LDL	Low-Density Lipoprotein

Abbreviations	Full term
MI	Myocardial Infarction
NANDA	North American Nursing Diagnosis Association
NCDs	Non-Communicable Diseases
NSTEMI	Non-ST Elevation Myocardial Infarction
PCI	Percutaneous Coronary Intervention
SA	Sinoatrial Node
STEMI	STsegment Elevation Myocardial Infarction
VHD	Valvular Heart Disease
WHO	World Health Organizations

List of Appendices

No	Appendices	Page
1	**Patients Interview Questionnairing** **1. First part**: Demographic characteristics of patients. **2. Second part:** Patient Clinical Data. **3. Third part:** Patients Level of Knowledge Questionnaire of MI.	**158**
II	**Lifestyle Practices Questionnaire (MI Dimensional Assessment Scale).**	**169**

Introduction

The most common type of Cardiovascular Disease (CVD) is Myocardial Infarction (MI), which is the outcome of coronary vessels occlusion and ischemia of myocardium. MI is a major cause of mortality among heart diseases. MI happens in the USA every 20 second and every minute one dies due to this disease. It is one of the main reasons for hospitalization of heart patients, which is usually assumed as a threatening situation for the patient and the family ***(Marquis-Gravel et al., 2020).***

Myocardial Infarction (MI), is commonly known as a heart attack, is defined pathologically as the irreversible death of myocardial cells caused by ischemia. MI is a syndrome that can be recognized by a set of symptoms, chest pain being the hallmark of these symptoms in most cases, supported by biochemical laboratory changes, electrocardiographic (ECG) changes, or findings on imaging modalities able to detect myocardial injury and necrosis ***(Chapman et al., 2020).***

Myocardial infarction occurs because of sustained ischemia, causing irreversible myocardial cell death (necrosis). When a thrombus develops, there is no blood