Part II Diseases

7

Myocardial Infarction

I.	The client/caregiver can define myocardial infarction.	DATE	NRS INITIAL	V.	The client/caregiver will know what to do signs of myocardial infarction occur.
II.	 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. The client/caregiver can list factors that may increase risk of myocardial infarction 				 A. Remain calm and assist client into comfortable position. B. Call 911. C. Follow any previous instructions from physician regarding medication to be u in this type of emergency. D. If the client loses consciousness and no pulse is found, cardiopulmonary resuscitation should begin and continu
	but cannot be changed.				until trained help arrives.
	A. Increasing ageB. Gender (men are at greater risk)C. Heredity, which includes individual family history and race			VI.	The client/caregiver can list measures to prevent a reoccurrence of myocardial infarction. A. Explain the medication treatment plan
III.	The client/caregiver can list major risk factors that can be modified to decrease risk for heart disease.				ordered by physician. Understanding the medication regimen will promote compliance.
	 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 				 B. Lose weight if overweight (weight-loss di 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 cardia rehabilitation program. E. Understand physical limitations as dictate by physician and cardiac rehabilitation
IV.	The client/caregiver can recognize signs and symptoms of a myocardial infarction.				program. Clarify when and how to resun sexual activity.
	 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 			 F. Monitor blood pressure and pulse. G. Avoid alcohol. H. Avoid use of tobacco products (tobaccocessation 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. 	

Part II Diseases



- 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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