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PSYCHOLOGICAL STATUS OF PATIENTS UNDERGONE MYOCARDIAL INFARCTION:
PRESENTATION OF A CASE MYOCARDIAL INFARCTION (MI)

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In myocardial infarction, as well as psychological problems many serious physical problems may appear in individuals who experience a disease which will be a threat for death or bodily image.

Presentation: Mr.H' cardiac disorder had onset in 2001. When Mr. H. who was discharged after placement of stent due to myocardial infarction has returned to polyclinic for control a psychosocial orientation scale was applied. His compliance to disease was fairly good. There were anxiety, lack of social support, reduced income level and various psychosocial factors which progress up to fear.Mr. H. is a 54-year old married man and he is a secondary school graduate, and is working in a restaurant since his present financial situation is not efficient. He demonstrated behaviors of anxiety, panic, uneasiness, gabbing and restlessness and an increase in tendency toward violence, irritability, isolation from society and timid behaviors were observed. Patient had a history of difficulty in establishing friend-relationships and there was an anxiety caused by gabbing and difficulty in expressing himself. During interview his actions were restless and just like he wanted to leave right away.He had fears of being disgraced in front of strangers. He said he was afraid of being ostracized from public because he was stammering. Nurses taking place in health team to arrange training programs related to issues such as appropriate diet toward MI, regular intake of medications, quitting smoking, reducing weight, increasing social support, coping with stress and anger control facilitate individuals who undergone MI compliance to disease and decrease their anxiety.