

Myocardial Infarction Nursing Care Plan

PATIENT INFORMATION

Full Name: _____ Date of Birth: _____ dd / mm / yyyy
Gender: _____ Patient ID: _____
Contact Number: _____ Email Address: _____

ASSESSMENT

Subjective Data

General Symptoms:

- ☐ Chest/back/shoulder/jaw pain
- ☐ Palpitations
- ☐ Dyspnea
- ☐ Fatigue
- ☐ Sweating
- ☐ Nausea
- ☐ Syncope
- ☐ Dizziness

Chest Pain Description:

Risk Factors:

- ☐ Age
- ☐ Gender
- ☐ Family history
- ☐ Hypertension
- ☐ Diabetes
- ☐ Smoking
- ☐ Obesity

Medication Review:

Emotional Causes:

- ☐ Anginophobia
- ☐ Anxiety disorder

Objective Data

ABCs Prioritization:

- ☐ Airway
- ☐ Breathing
- ☐ Circulation
- ☐ CPR initiated

Systemic Assessment: A comprehensive evaluation including cardiovascular, respiratory, gastrointestinal, musculoskeletal, integumentary, and central nervous system (CNS) assessment for symptoms like chest pain, arrhythmias, dyspnea, nausea, pain, and changes in mentation.

POTENTIAL INTERVENTIONS

Restore Blood Perfusion: Assist in reperfusion therapy, such as PCI or fibrinolytic therapy. Unblock arteries through procedures like coronary angioplasty, stent placement, or bypass surgery. Administer dual antiplatelet treatment and blood thinning agents cautiously as prescribed. Use thrombolytics or fibrinolytics to dissolve blood clots obstructing blood flow.

Relieve Pain: Provide analgesics like morphine for pain relief. Administer supplemental oxygen to increase cardiac tissue oxygenation. Use nitroglycerin for vasodilation to alleviate chest pain.

Manage Symptoms: Set and maintain blood pressure within acceptable limits with antihypertensive medications. Use beta-blockers, ACE inhibitors, and nitrates to control blood pressure and symptoms. Prescribe statins to lower LDL cholesterol levels and stabilize atherosclerotic plaques. Manage blood glucose levels to prevent hyperglycemia with glucose-lowering treatments.

Cardiac Rehabilitation: Adhere to the cardiac rehab plan post-MI or surgery to reduce complications and readmissions. Continue rehab at home or in a community healthcare facility to improve exercise capacity and overall well-being.

Prevent MI Complications: Encourage regular exercise and healthy weight maintenance. Educate patients on their treatment regimen and lifestyle changes. Promote stress reduction techniques and control underlying conditions like diabetes, hyperlipidemia, and hypertension. Emphasize regular follow-up visits, CPR training for caregivers, and knowing when to seek immediate medical attention.

Post-MI Lifestyle Changes: Encourage a heart-healthy diet, smoking cessation, stress management, limited alcohol intake, and regular physical activity. Advise on resuming sexual activity based on the patient's physical capability. Suggest medical alert identification for emergency responders to recognize the patient's risk.

PHYSICIAN'S NOTES AND RECOMMENDATIONS

PHYSICIAN'S SIGNATURE

Physician's Signature
Name: _____ Date: _____ dd / mm / yyyy