

ABSTRACT

Acute myocardial infarction (AMI) represents severe complication of atherosclerotic vascular disease. Despite therapeutic advances and better risk factor control, acute myocardial infarction remains the leading cause of death worldwide.

Goal of this thesis was to interview a group of patients hospitalized for acute myocardial infarction and evaluate their knowledge of disease course, perception of disease representing a sudden change of health status, awareness of disease symptoms and motivation for future lifestyle changes.

Quantitative research with inductive approach was chosen for our research. Data was collected using individualized non-standardized semi-structured interview. Seven selected patients hospitalized for acute myocardial infarction with ST elevation were entered into our analysis. All the patients were informed in advance about our research methods and ethical aspects.

All the participants had insufficient awareness of AMI symptoms. However, intensity of disease symptoms was severe, so they contacted health system early. Majority of them called emergency service. Level of education had significant impact on patient behavior. Patients with university degree had the best awareness of disease symptoms and shortest times from symptom onset to medical system contact. They were non-smokers, displayed better knowledge of cardiovascular risk factors and healthy lifestyle. Patients with high school education or lower showed significantly lower knowledge of the disease and longer times from symptom onset to medical system contact. They were all tobacco smokers and planned less often lifestyle changes after hospital discharge. Majority of all patients declared friends and relatives as the main information source, information provided by hospital staff was considered insufficient.

In conclusion, results of our quantitative research revealed that way of acute myocardial infarction patient education should be improved using nurse education and educational booklets.

Keywords:

Myocardial infarction

Prehospital phase

Awareness

Risk factors

Lifestyle