

## **ABSTRACT**

The incidence of acute myocardial infarction is still high. One of the methods of reperfusion therapy is the cardiac surgery by coronary artery bypass graft, which may be postoperatively complicated by the development of postcardiotomy cardiogenic shock with the urgency of the venoarterial extracorporeal membrane oxygenation (V-A ECMO). The quality of very specialized and complex care for these long-term hospitalized patients depends on understanding their needs and ways of saturation.

The aim of this study is to present these needs from the perspective of the patient and their family. Research questions aim to identify the main aspect of recovery, the factors negatively affecting the mental state of patients, the ways to help them by healthcare professionals and family, how can healthcare professionals help the family and how this experience has affected both the family and the patient. The research is carried out using a qualitative method of semistructured interview with six respondents with this type of anamnesis, who were hospitalized between 2015 and 2021 in the ICU of cardiac surgery department, and three of their relatives.

According to the study's findings the main aspect of recovery is the patient's mental well-being. The dependence on help of others, muscle weakness and loss of intimacy have a negative effect on mental well-being of the patients. The healthcare professionals can help by taking care of physical well-being, equality in the patient-healthcare professional relationship, providing enough time, leave some partial decisions to patients and showing interest in them. Family and friends can help by their presence, physical contact, bringing homemade food, photographs, and personal belongings. To be the support for their loved ones, they need help from the healthcare professionals themselves, enough informations and answer to their questions. The whole experience has positive effect on patients and their family, such as re-thinking life priorities, and negative effect in the form of mental, cognitive and neuromuscular symptoms of the postintensive care syndrome (PICS).

The long-term and very challenging recovery of critically ill patients requires help and support from the healthcare professionals and especially from the family. The mental state and complications improve with increasing frequency of visits. The thesis output is an information leaflet of ways to help to simplify the care of ICU patients for their family and friends.

**Keywords:** patient needs, nursing care, ICU, V-A ECMO, myocardial infarction