

An Interpretive Phenomenological of Coping with Myocardial Infarction among Myocardial Infarction Patient Attending Cardiology OPD, NMCH, Jamuhar

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Abstract: A myocardial infarction occurs because of abrupt stoppage of blood flow through a coronary artery from a thrombus caused by platelet aggregation. Most MIs occur in the setting of preexisting CAD.

Aim: Interpretive phenomenological analysis of coping with myocardial infarction among Myocardial infarction patient attending Cardiology OPD, NMCH, Jamuhar

Methods: Interpretive Phenomenological Analysis (IPA) was used to conduct an in-depth study of a small sample of patients who had suffered their first MI. Semi-structured interviews were conducted with six men within 6 months of their first MI. Verbatim transcripts of these interviews were analyzed using IPA.

Result: Themes emerged are psychological well-being, Stress level, Effects on relationships with friends & family, Family Impact, Motivation and coping resources

Conclusions: Participants seemed to share difficulties in reflecting on their coping strategies and the concept of coping generally, but were keen to talk about specific events in relation to the MI. The findings suggest that cardiac rehabilitation needs to focus on individual priorities for recovery. Providing opportunities for patients to talk through their experiences individually may be an important aspect of such care. Further research is needed to investigate the challenges that patients confront and the support they require post-MI.

Keywords: Cardiology

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