เล่ม 2

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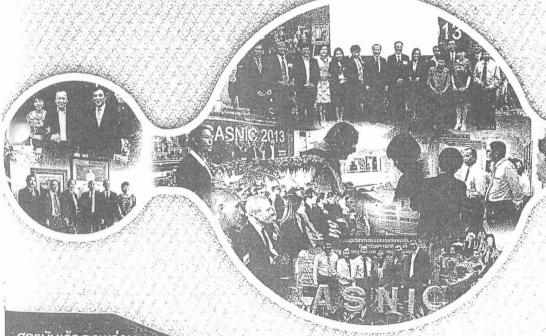
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Anxiety in Patients With Myocardial Infarction

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Abstract

Introduction: Myocardial infarction (MI) is a major cause of death and physical impairment globally. As it has been perceived as a life-threatening disease, anxiety is a psychological distress which is usually found in patients with MI. Anxiety causes greater complications and poorer outcomes in the patients such as longer hospital stay and further cardiac events. If nurses can assess the patients' level of anxiety, they can early develop the program to reduce anxiety.

Objectives: The purpose of this study was to determine the anxiety level in the patients with MI.

Method: 20 patients with MI hospitalized in a university hospital in the south of Thailand were enrolled in the study. Anxiety was assessed by using the State-Trait Anxiety Inventory after 24 hours of admission to the hospital for MI conditions.

Results: The majority of the patients with MI (60%) reported low anxiety (M = 38.50, S.D. = 9.918). The patients were anxious about returning to work (85%), further cardiac events (40%) and social relationship (10%).

Conclusion: The information obtained from this study is beneficial for nurses taking care the patients with MI to assess the patients' anxiety and develop informational nursing intervention for anxiety reduction in the patients with MI.

Keywords : anxiety, myocardial infarction

1. Introduction

Myocardial infarction (MI) is a major cause of death and physical impairment globally. WHO (2014) estimated that approximately 17.1 million people died each year from MI. Moreover, the number of deaths is predicted to be increased to reach 23.3 million by 2030