



馬偕醫院護理部  
MACKAY MEMORIAL HOSPITAL

## Acute myocardial infarction nursing instruction

Created in 1999.03  
Revised in 2021.03  
Reviewed in 2022.11  
English version in 2022.11

### I 、 What is acute myocardial infarction?

Myocardial infarction is transient blockage of myocardial nutritional supply resulted from coronary artery occlusion and leads to ischemia, anemia, extensive myocardial damage. Complications include sudden death and cardiogenic shock.

### II 、 Risk factors of myocardial infarction:

Male, family history, smoking, hypertension, overweight, sedentary lifestyle, hyperlipidemia and diabetes.

### III 、 Symptoms and signs of myocardial infarction:

If there are dizziness, cold sweating, difficulty breathing, malaise, chest tightness with pain radiated to left shoulder or jaw, cannot be relieved by taking a rest, pain lasting for more than 20 minutes. You should visit ER immediately and describe above discomforts to medical staff.

### IV 、 Self care policies:

- i 、 You need absolute bed rest for 24~48hrs, quite surroundings, and sedatives if necessary on order to reduce myocardial oxygen consumption.
- ii 、 Oxygen supply is required.
- iii 、 Medical supplement may be required in prevention of recurrent chest pain
- iv 、 Easily digested foods including low fat, low cholesterol and high fiber diet
- v 、 Keep proper stool passage.
- vi 、 Quit smoking, quit drinking and avoid stimulating beverages such as tea or coffee.
- vii 、 If there is no discomfort 3 days after acute myocardial infarction, gradually increase activities is allowed under medical supervision. But you should avoid stressful exercises.
- viii 、 If you have any discomfort when resuming exercise you should stop immediately and inform medical staff.
- ix 、 Avoid over heat or over cold situations.
- x 、 Be sure to have NTG and your personal medical information available all the time.

### V 、 NTG using guide:

- i 、 It has to be stored in dark colored bottle in order to avoid light exposure.

- ii 、Placed under your tongue when chest pain occurs. Lie down or sit down after using NTG because of possible side effects (hypotension and dizziness).
- iii 、If you feel invalid after taking five minutes, you can take the second medication again but it still doesn't work. Please seek medical attention as soon as possible.

## VI 、Sex life after myocardial infarction

- i 、Sex life can be safely resumed after 6~8 weeks.
- ii 、Avoid having alcohol contained beverage before sexual behavior.
- iii 、Take time and choose less forceful position.
- iv 、Avoid sexual behavior right after shower. May use NTG before sexual behavior.
- v 、If chest pain or any discomfort after sexual behavior, contact ER immediately.

## VII 、Be sure to regularly visit your doctor.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

**May God Bless You**