

Myocardial Infarction (Heart Attack)

Empowering *you* and *your* Loved One

Goals

- No chest/upper body pain or discomfort
- No shortness of breath
- No change in level of independence
- No unintended change in weight
- Avoid recurrence of heart attack



When only home will do, we can help
1-877-308-1212 • www.CompassionateCareMI.com

Compassionate Care Home Health Services, Inc. is a home health care agency, owned and operated in Michigan, that has been providing excellent home health care for Michigan residents and their families since 1998. We are dedicated to providing the highest quality home health services including but not limited to personal care, private duty nursing services, and therapies.

Heart Attacks are very frightening and stressful experiences. But life after a heart attack is possible and Compassionate Care strives to provide necessary support for heart attack survivors.

Compassionate Care believes every individual has the right to understand their plan of care, make decisions about services they receive and live as independently as possible.

You will find a specialized care plan for heart attack survivors or those at risk for heart attack on the reverse side. Please utilize this plan as a guideline for caring for you or your loved one.

Know the Symptoms:

- Chest pain or discomfort
- Discomfort in other areas of the upper body
 - Arms
 - Back
 - Jaw
 - Neck
 - Stomach
- Shortness of breath
- Other accompanying symptoms
 - Cold sweat
 - Nausea
 - Feeling light-headed

Always call your doctor or nurse if you have:

- Increased shortness of breath
- Dizziness or light-headedness
- Increased fatigue
- Any other changes in condition
- Any questions

Call your doctor IMMEDIATELY if you have:

- Unrelieved shortness of breath
- Unrelieved chest pain or tightness
- Wheezing when you breathe
- Confusion

Call 911 immediately for any life-threatening emergency.

At Home Service Plan for Myocardial Infarction Clients

Medications

- Take all medications exactly as prescribed
- Follow up with physician regularly

Nutrition

- Follow your physician's advice
- General dietary suggestions include:
 - Eat more fruits and vegetables
 - Choose foods low in saturated fats, trans fats and cholesterol and high in fiber
 - Eat fewer processed foods
 - Limit salt (sodium) and sugar

Activity

- Follow your physician's advice for exercise
- Consult your physician before starting any exercise plan
- General activity suggestions include:
 - Aim for 30 minutes a day, at least 4 times each week, of moderate intensity exercise. NOTE: If 30 minutes is too long, try 10 minutes at a time, 3 times a day.
 - Enjoy a short walk
 - Stand up and stretch several times a day
 - Do some seated exercises several times a day
- Be careful not to overdo it
- Stop and rest if you experience shortness of breath or chest pain

Support

- Support the client to quit smoking. Client may benefit from prescription medications to assist in quitting
- Support the client to drink in moderation if he/she drinks alcohol. General recommendations:
 - Men should have no more than 2 drinks per day
 - Women should have no more than 1 drink per day