Assessing quality of life post-myocardial infarction: a study of physical activity and emotional well-being in patients

Introduction:

Studying changes in quality of life post-myocardial infarction is crucial as it informs patient centered care, rehabilitation strategies, and predicts long-term outcomes. These assessments also guide healthcare resource allocation and quality improvement initiatives to optimize recovery and overall well-being for individuals affected by myocardial infarction. The objective of this study is to assess and quantify the changes in quality of life experienced by individuals following myocardial infarction, informing strategies for enhanced patient care and rehabilitation outcomes.

Methods:

A survey is used as a tool to collect data from post MI patients. It is a cross-sectional study conducted at the Punjab Rangers Teaching Hospital, Lahore for 2 months. Sample size is 150. Questionnaire/survey was filled out from patients. Medically confirmed cases with diagnosis of myocardial infarction(MI) based on clinical records or diagnostic tests (e.g., ECG, cardiac enzymes) were included in the study. Simple random sampling technique is used. Data is analyzed using SPSS version 25. IRB approval from the Hospital IRB committee is taken. Descriptive analysis was done on each question of the survey.

Results:

150 individuals with diagnosed MI participated in the survey. 32 (21.33%) individuals reported being restless most of the time. 31 (20.67%) individuals reported being tearful or emotional most of the time. 34 (22.67%) reported being extremely limited in sports and other physical activity. 55 (36.67%) reported being very limited in sports and other physical activity.

Conclusion:

The results reported a negative impact on the quality of life of patients after myocardial infarction. The quality is being impacted in terms of physical activity as well as emotionally. So guidelines should be there to provide psychiatric, emotional, and physiotherapy related interventions to ensure a better quality of life for the patients after suffering from myocardial infarction.

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