



## Transitional care model of patients with Myocardial Infarction

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### Abstract

Most people survive their first heart attack and try to return to their normal lives. However, having a heart attack entails an individual to make some changes in his life to effectively cope with myocardial infarction (MI) right after hospitalization. When transferred to different care settings, these patients become more vulnerable and hinder their recovery. This study explored the coping strategies and quality of life (QOL) of patients with MI. Furthermore, a transitional care model (TCM) was developed.

The study utilized a mixed method design. The participants were discharged MI patients age 40 to 65 years old from hospitals in Metro Manila. Self-made and adapted questionnaire were used. A Semi-structured interview was conducted to explore the participants' QOL as to physical, emotional, and social domains. The variables were analyzed using descriptive and inferential statistics. Association between coping strategies and QOL were determined using Pearson's  $r$ , and thematic analysis for the qualitative data.

Result shows that when grouped according to gender, women had better social QOL (MS: 4.08) than men (MS: 3.93). In physical QOL, men (MS: 5.02) had better QOL than women (MS: 4.91). Employed (MS: 5.35) had the better quality of life than retired (MS: 5.00), and unemployed (MS: 3.30). There is no significant relationship (0.85) between the participants' coping strategy and QOL. The identified themes showed interrelatedness of the coping strategies used and the QOL were described as interaction role, touching role, and support role.

Coping was evident on certain emotional, physical, and social strategies. There was uncertainty on emotional and physical QOL because of their dependency from other people. The developed TCM illustrated how an integrated care could guide the patients after hospitalization and seek care through different health programs in the community.

### Biography

Judith J. Sugay earned her Bachelor of Science in Nursing (BSN), and Master of Arts in Nursing (MAN) major in Community Health Nursing in Far Eastern University, Manila, and Doctor of Philosophy in Nursing major in Leadership and Management at St. Paul's University Manila. She has been a faculty member of Nursing Institutions for more than a decade, and has served as students' batch adviser, and event organizer. She also became a Senior Health Program Officer in the Department of Health, focusing on foreign medical missions, foreign health-related donations, and coordinator of repatriation of Overseas Filipino Workers. She is currently at Far Eastern University, teaching Community Health Nursing, and Fundamentals of Nursing to the students of BSN Program. Furthermore, she is a faculty member in the Graduate Studies, MAN Program lecturing on Methods of Research, and serves as a panelist and adviser of students' research studies.



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