## Points of contact





**Urgent Care** 



Specialist











New life

Happiness

Feeling well

Primary Care

Possible future

Specialist

### What happened?

Predictable or unpredictable symptoms

Ambulance

- Heart attack
  - Routine appointment
- Waiting time

Rehabilitation Specialist

- Rehabilitation
- Resume activities
- Possible 2<sup>nd</sup> heart attack

a defibrillator

heart attacks

 First year of more serious treatment

# Feelings



Fear

Bewilderment

Disbelief



### Treatment

Patient

empowerment

needs

- Cardiopulmonary resuscitation
- Catheterization & stent
- Bypass

- Rehabilitation
- Pharmacotherapy
- Healthy lifestyle recommendations
- Medication adherence
  - Diet & exercise
- Adapting

Forgetfulness

- Smoking cessation
- Nitroglycerine "to-go"

- as well as personalized information to be able to return to everyday activities.
- Being able to recognize possible new symptoms and warning signs.
- Knowing what activities can be done (or not): sex life, driving, traveling by plane, etc.
- Overcoming initial impact to incorporate healthy lifestyle recommendations.
- Psychologically accepting: Understand and manage fear and uncertainty; stop rumination; keep a positive attitude.
- being sick.
- recovery.
- assimilation.

Learning about treatment and self-care: sublingual administration nitroglycerine, of checking blood pressure and heart rate, relaxation techniques, etc.

Trust

- Staying informed about the access to and the benefits of rehabilitation.
- Obtaining personalized information: risk factors, ejection fraction, personal limits of physical activity, etc.
- Adapting to a heart-healthy diet.
- Identifying and reducing sources of stress.
- Improving self-management of emotions.
- Regaining confidence and increasing self-control; keeping a positive attitude; learning to manage anger and explosive outbursts.
- Persisting in the search for adequate and trustworthy healthcare.
- Negotiating with patient's family and community to change lifestyle habits and obtain support in emotional matters.

- Maintaining healthy habits over time (challenge).
- Staying informed about the disease.
- Continuously remembering to maintain healthy habits and psychological self-care.
- Planning treatments and long-term follow-ups.
- Having and carrying personal clinical reports.
- Adopting motivational techniques to adhere to medication, heart-healthy diet, and exercising regime after the first months/years.
- Incorporating new desired activities.
- Spending just enough time on the disease; not obsessing.
- Negotiating with patient's family to help maintain diet and physical exercise.
- Attending support groups patient associations to maintain healthy habits.





- Nitroglycerine
- Acquiring general information about the disease

- Being aware of the disease is not equivalent to
- Receiving family support in early stage of
- Providing support for patient's family to learn about the process and assist with recovery and