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NURSING INTERVENTIONS TO PATIENTS AFFECTED BY ACUTE MYOCARDIAL INFARCTION

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ABSTRACT

Objective: To identify and describe in the current literature nursing interventions for patients affected by acute myocardial infarction.

Methods: This is an integrative literature review conducted with materials indexed in the Virtual Health Library (VHL), in the databases: BDENF, LILACS and MEDLINE. Using as descriptors: Assistance, Myocardial Infarction and Nursing, mediated by the Boolean operator AND. The inclusion criteria were: full text, available, free of charge, in Portuguese, published in the chronicity of time from 2015 to 2020 and which responds to the research theme.

Results: After crossing the descriptors, 1701 publications were identified, of which were included in review 10 that met the established criteria. 04 on the basis of LILACS, 01 on MEDLINE and 05 on BDENF, with the following percentages: 40%, 10%, 50%, respectively.

Conclusion: It is necessary to continually update the team's chest pain protocol and approaches to patients affected with acute myocardial infarction, as they present constant changes. Thus, aiming at improvements in interventions, quality assistance, minimization of adverse events and maximization of patient safety.

Keywords: Assistance, myocardial infarction, nursing.

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INTRODUCTION

One of the main causes of the increase in the worldwide morbidity and mortality rate in recent years is cardiovascular disease, totaling approximately 34 million deaths in recent years¹. In 2016, Brazil registered 107,409 hospitalizations and 12,215 deaths due to severe cardiovascular disorders such as acute myocardial infarction (AMI)⁸.

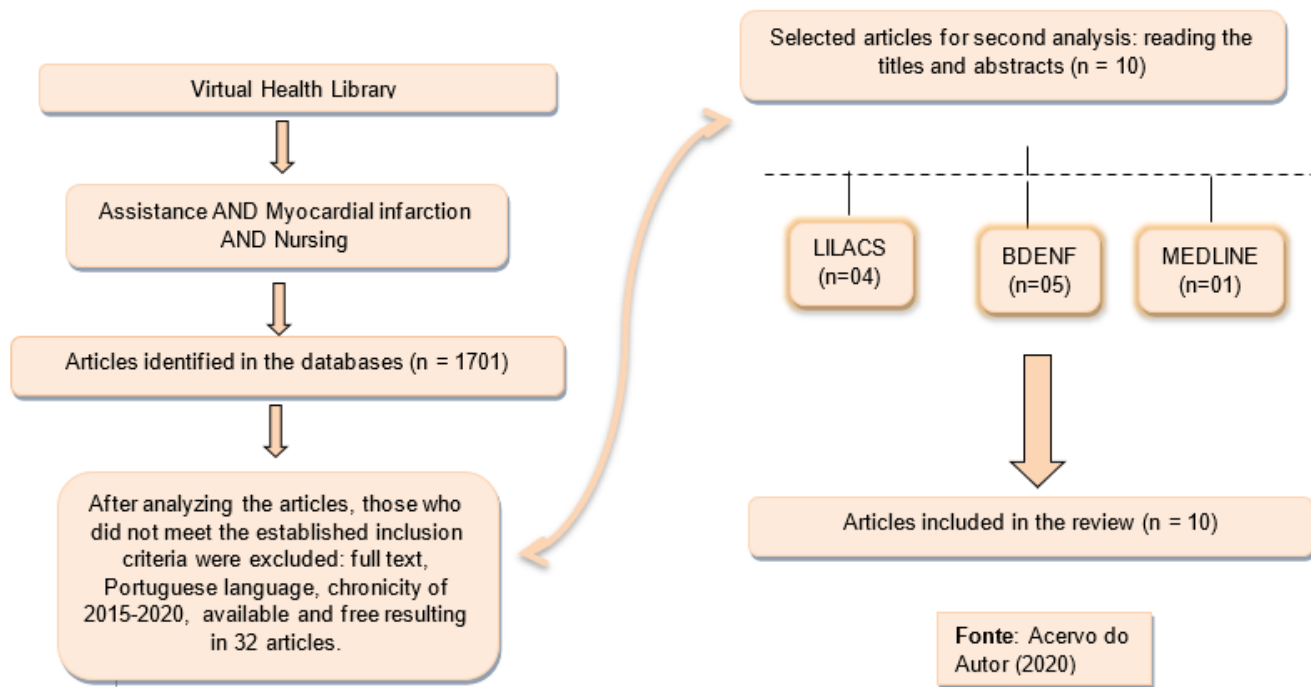
AMI stands out among cardiovascular diseases because it has a significant number of associated deaths and with that has become a public health problem, given its etiology directly linked to lifestyle. The AMI is due to the occurrence of an ischemia, resulting in a lack of blood support in the coronary arteries leading to partial or total failure of the cardiac muscle, causing several injuries to the patient that can lead to death². The risk factors that predispose the occurrence of a heart attack are: obesity, systemic arterial hypertension (SAH), diabetes

mellitus, high cholesterol levels, smoking, eating foods rich in fat and sodium, family history and sedentary lifestyle⁵.

For diagnosis, some tests are performed that are added to the clinical signs and symptoms such as electrocardiogram and the laboratory test to assess Troponins I and T. On the electrocardiogram, a high unevenness in the ST6 segment may be observed in the case of acute myocardial infarction. The troponins will also be altered, since the damage to the heart muscle will cause an increase in the enzymes in the circulation, this change occurs between four to eight hours after the onset of symptoms, with an increase between 36 to 72 hours and normalize in up to 14 days⁴.

The nurse must frequently monitor the evolution of the signs and symptoms of these patients, identifying, preventing and intervening in possible complications, introducing the family in the recovery process to stimulate self-care^{4,7}.

Flowchart 01. Obtaining the articles included in the review.



METHODS

This is an integrative literature review carried out with materials indexed in the Virtual Health Library (VHL). In the databases: BDENF,

LILACS and MEDLINE. Using as descriptors: Assistance, Myocardial Infarction and Nursing, mediated by the Boolean operator AND. The inclusion criteria were: full text, available, free of

charge, in Portuguese, published in the chronicity of time from 2015 to 2020 and which responds to the research theme. Once this was done, a flowchart was created to illustrate the research tool used.

RESULTS

After crossing the descriptors, 1701 publications were identified, of which were included in the

review 10 that met the established criteria. 04 on the basis of LILACS, 01 on MEDLINE and 05 on BDENF, with the following percentages: 40%, 10%, 50%, respectively. The following table details the result from the elements: year, author, title, objective, methods, databases and publication / magazine.

Author	Year	Title	Objective	Kind of study	Database	Publication/ Magazine
Santos, B.S., Maier, S.R.O., Rodrigues, A.Z., Oliveira, W. S., Santos, T. S.	2017	Acute myocardial infarction: Approach with nurses in a Coronary Intensive Care Unit.	Understand the nursing care for victims of Acute Myocardial Infarction in the Coronary Unit.	Convergent qualitative	BDENF	Nursing Journal-UFPE On Line
Vargas, R. A., Riegel, F., Junior, N.O., Siqueira, D.S., Crossetti, M.G.O.	2017	Quality of life of patients after myocardial infarction: Integrative literature review.	Identify the strategies used to improve the quality of life of patients after myocardial infarction.	Integrative Review	BDENF	Nursing Journal-UFPE On Line
Pedraão, T.G.G., Brunori, E.H.F.R., Santos, E.S., Bezerra, A., Simonetti, S.H.	2018	Nursing diagnoses and interventions for cardiac patients in palliative care.	Characterize the clinical and sociodemographic profile and identify the main nursing diagnoses and interventions.	Integrative Review	BDENF	Nursing Journal-UFPE On Line
Cunha, G.H., Ramalho, A.K.L., Cruz, A.M.M., Lima, M.A.C., Franco, K.B., Lima, R.C.R.O.	2018	Nursing diagnosis according to the theory of self-care in patients with myocardial infarction.	Identify nursing diagnoses in people with myocardial infarction in a hospital emergency, according to Orem's theory of self-care.	Transversal	LILACS	Aquichan Magazine
Passinho, R.S., Sipolatti, W.G.R., Fioresi, M., Primo, C.C.	2018	Signs, symptoms and complications of acute myocardial infarction.	Analyze scientific productions regarding the frequency of signs, symptoms and complications of acute myocardial infarction.	Integrative Review	BDENF	Nursing Journal-UFPE On Line
Ribeiro, K.R.A., Silva, L.P., Lima, M.L.S.	2016	Knowledge of acute myocardial infarction: implications for nursing care.	Describe the care provided by the nursing team to patients with acute myocardial infarction, as well as discuss the pathophysiology triggered in this pathology.	Integrative Review	BDENF	Nursing Journal-UFPI

Garcia, R.P., Budo, M.L.D., Schwartz, E., Girardon-Perlini, N.M.O., Barbosa, M.S., Silva, M.M.	2016	Family care after acute myocardial infarction.	Describe the care provided by the families of patients after acute myocardial infarction.	Exploratory Qualitative	LILACS	Ciencia y Enfermeria Magazine
Passinho, R.S., Primo, C.C., Fioresi, M., Nóbrega, M.M.L., Brandão, M.A.G., Romero, W.G.	2019	Elaboration and validation of CIPE® terminological subset for the person with acute myocardial infarction	To elaborate the terminological subset of the International Classification for Nursing Practice (ICNP®) for the person with acute myocardial infarction, using the Life Activities Model.	Methodological	LILACS	USP School of Nursing Magazine
Paz, V.P., Mantovani, M.F., Mercês, N.N.A., Silva, A.T.M., Souza, P.B.	2019	Health care systems for people with myocardial infarction: literature review.	Identify in the nursing literature the health care systems used by people with myocardial infarction.	Integrative Review	LILACS	Cogitare Nursing Magazine
Assis, A.P., Oliveira, F.T., Camerine, F.G., Silva, R.C.L., Moraes, C.M.	2019	Individualized parameterization of alarms of multiparametric monitors in infarcted patients .	Measure the magnitude of the effect of an individualized parameterization protocol for hemodynamic alarms in patients with acute myocardial infarction.	Pragmatic clinical trial	MEDLINE	Brazilian Journal of Nursing

Source: Author's Collection (2020)

DISCUSSION

The tax articles brought the importance of the role of nursing as essential when offering care and comfort to the patient after the AMI provide him with guidelines after discharge taking into account the culture, religion and some habits of the same, emphasizing the medication guidelines that are extremely importance to be administered correctly, obeying schedules. With this, the medications will have an effect controlling the disease and stabilizing hemodynamically².

The main symptoms occur through precordialgia being irradiated to upper limbs, mandible, epigastrium and may be accompanied by dyspnea, nausea and vomiting and cold sweating. Usually patients who experience

atypical discomfort are elderly, women for having an acute coronary syndrome and diabetics due to autonomic sensory neuropathy. Thus, it is up to the nurse to intervene without pain control, monitoring vital signs and warning signs⁵.

In addition, the nurse guides the health education process that involves the changes that a post-AMI patient has to deal with, improve nutrition, promote a change in habits, and the adoption of a healthier lifestyle. Also integrate the family in the care process regarding the protection and performance of personal hygiene care, home and food adequacy, allying with the professional health team contributing to the recovery and protection of self-care⁷.

CONCLUSION

The nurse has a fundamental role in view of his performance in avoiding possible complications, making the patient remain hemodynamically stable in addition to providing necessary support to patients and family members. It is necessary to continually update the team's chest pain protocol and approaches to patients affected with acute myocardial infarction, as they present constant changes. Thus, aiming at improvements in interventions, quality assistance, minimization of adverse events and maximization of patient safety.

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