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**Recovery of Midlife Women From Myocardial Infarction**

**Author Information:**
Authors List:
Presenting Author: Sherri Stevens

Presenting Author: Sherri Stevens

Address: 221 Quail Ridge Rd
Smyrna, TN 37167
USA
Ph: 615-355-4913
Fax:
Email: SLKStevens@comcast.net
Institution:

**Abstract Information**

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Abstract Categories:
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Introduction:
The purpose of this existential phenomenological study was to understand the experiences of midlife women who had returned home after a first time myocardial infarction (MI). Thousands of midlife women are experiencing first time MI events and coronary heart disease annually. The impact and trauma of an MI can cause many complications for midlife women. Psychologically the results of an MI can impact midlife women emotionally causing increased anxiety and stress. Midlife women across the nation need information and support for the traumatic experience of an MI event.

Method(s):
Existential phenomenology was chosen due to the value that can be added to nursing knowledge through detailed narration of individual experiences. For this study eight midlife women ages 45 to 65 were interviewed. The interviews were audio taped and transcribed. The transcriptions were reviewed and some were presented at the University of Tennessee Phenomenology Research Group for analysis and thematic structuring. Limitations of the study included the ages of the women, first MI event, and geographic area.

Results:
Four themes were common among the women survivors including: 1) Interference, 2) Freedom/Unfreedom, 3) Knowing/ Not Knowing, and 4) Living in Fear.

Discussion:
The findings of this study suggest women need to be better educated before leaving the hospital. Returning home post MI is a difficult time for women. The results of the study indicated that health care providers need to be aware that patients are not receiving instructions that are specific and helpful for them. There is a need to change nursing practice by improving the method of delivery of hospital education for women. There is also a need for further research regarding women and cardiovascular disease such as experiences of different age groups, ethnicity, and returning to work post MI.

Research Completed:
Yes

Abstract History:
NA

Financial Disclosure:
Have a financial arrangement or affiliation with commercial companies whose products may be mentioned in this material?
No

FDA Disclosure: