

A Study to Assess the Level of Post Traumatic Stress Experience by Myocardial Infarction Patient Attending the Medical Out Patient Department in Melmaruvathur Adhiparasakthi Institute of Medical Science and Research

Nithin Manly.S
M.sc(N), MBA(Hospital Management),

Dr.N.Kokilavani,
M.Sc. (N), Ph.D.,

Dr.C.G.Devi,
M.Sc. (N), Ph.D.,

Abstract:- Post traumatic stress disorder (PTSD) is a mental health condition that triggered by a terrifying events. Myocardial infarction is commonly known as heart attack that happens when blood stops flowing properly to heart & heart muscles. The objective of the study was to assess the level of post traumatic stress experienced by myocardial infarction patients and to associate the level of post traumatic stress of myocardial infarction patient with the selected demographic variables. The study was done by non experimental descriptive research design. The sample size was 50 patients with myocardial infarction and the stress level was assessed using the rating scale developed by Twen Christeanson et.al. At the time of initial assessment out of 50 clients, 35 were in mild post traumatic stress, 13 were in moderate post traumatic stress and 2 were in severe post traumatic stress. The mean score was 53.00 and standard deviation was 19.52. There is a significant association of the level post traumatic stress experience with selected demographic variables among clients with myocardial infarction.

I. CONCLUSION

The present study was conducted to assess the post-traumatic stress experienced among the patients with myocardial infarction. The non-experimental, descriptive design was adopted for the present study. The data was collected from 50 myocardial infarction patents using a structured interview schedule. The findings of the study have been discussed with reference to the objectives and hypothesis and findings of the studies. The data is organized, analyzed and presented in following section. Therefore post traumatic stress is evidenced in myocardial infarction patient.

- **The first objective was** to assess the level of posttraumatic stress experienced by myocardial infarction patients. The study was conducted in medical Out Patient Department of Melmaruvathur Adhiparasakthi Institute of Medical Sciences 50 myocardial infarction patient are met with inclusion criteria were included in the study. In that 35(70.0%) was in mild post traumatic stress, 13(26.0%) was in moderate stress, 2(4.0%) was in severe post traumatic stress, with mean value of 53.00 with standard value of 19.52.
- **The second objective was** To associate the level of post traumatic stress experienced by myocardial infarction patient with their demographic variables. The post traumatic stress was assessed with the help of modified rating scale and the score were analyzed with the help of chi-square test. Although there was no statistical significant found between posttraumatic stress and the selected demographic variables such as gender, educational status, occupational status and economic status, marital status, type of family, number of children, personal habits, and recovery from illness. There is a significant relationship with demographic variable that is age and occupation with the posttraumatic stress from myocardial infarction patient at $p < 0.005$ value for age is 0.002 and occupation is 0.001. Hence H_1 is accepted.

Then demographic data about the clients had been collected with the help of questionnaire and a modified rating scale was formulated to assess the post traumatic stress level. Score was given accordingly. At the time of initial assessment out of 50 client 36(70.00%) was in mild post traumatic stress, 13(26.00%) was in moderate post traumatic stress. 2(4.00 %) was in severe post traumatic stress.

REFERENCES

- [1]. **Bedi US, Arora R.** Cardiovascular manifestations of posttraumatic stress disorder. *J Natl Med Assoc.* 2010 Jun; 99 (6) : 642-9
- [2]. **Brisson E, Leblonc R, Bourbonnais R, Maunsell E.** Psychologic distress in postmyocardial infarction patients who have return to work. *Psychosom Med.* 2010 Jan-Feb; 67 (1): 59-63.
- [3]. **Chung MC, Berger Z, Jones R, Rudd H.** Post traumatic stress Disorder & general health problems following myocardial Infarction (Post-MI) among older patients: The Role of personality. *International Journal of Genetic Psychiatry* 2011 Dec; 21(2): 1163-74.
- [4]. **Cotter G, Milo-cotter O, Robinstein.** Post traumatic stress disorder: A missed link between psychiatric & cardiovascular morbidity 2010 Feb; 11(2): 126-36.
- [5]. **De Jonge P, van den Brink RH, Spijkerman TA, Ormel J.** Only incident depressive episodes after myocardial infarction is associated with new cardiovascular events. *J Am Coll Cardiol.* 2010 Dec 5; 48(11): 2215-7.
- [6]. **Egger J, Schoberger R, Schlacher.** Myocardial infarct promoting type A behavior- An attempt to modify stress-including behavior, *Rehabilitation (stutg)*; 2011 Aug 25(3): 95-101.