

Abstract Experiences of myocardial infarction patients of helpseeking

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**By: Mojtaba taheri**

**Supervisor:**  
**Dr. Mojgan Khademi**

**Advisor:**  
**Dr. Mohsen Shahriari**

**Lorestan University of Medical Sciences**  
**Faculty of Khorramabad Nursing &Midwifery**

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**Background:** Nowadays, coronary heart disease is the most common cause of death in every part of the world. Mortality of myocardial infarction can be affected by in time diagnosis and early treatment. Therefore help seeking in the stage of confronting symptoms can be a main element in patients' survival. The aim of this study is to describe experiences of myocardial infarction patients during help seeking.

**Materials and Methods:** This qualitative study accomplished by purposeful sampling and non-structured interview to 15 participants include 9 patients, 1 companion, 2 nurses of emergency ward, 1 emergency medical technician and 1 physician. Elo and Kyngas content analysis approach was used to analyze the data. Member Check and peer debriefing have been accomplished for trustworthiness.

**Results:** Experiences of help seeking stage have 8 themes "confront to symptoms and signs' flood", "status action- information and experience", "denial", "remissness", "struggle for survival and rescue", "Untranquility and worriment", "achievement to result of cross of storm" and "Confront to obstacles of receive and present help"

**Conclusion:** Exposure to disease often followed by unpleasant experience accompanied by terrible signs and symptoms. Comprehensive support is one of the most essential needs for patients and families. It's essential that suitable sensitizing and to be informing in academic and in service education and in different levels in public by media. These finding emphasized the necessity of an equitable allocation of resources, especially expert personal in deprived and remote areas.

**Keywords:** Acute myocardial infarction, experiences, helps seeking, content analysis, qualitative study.