

# Occupational Therapy Toolkit

## Myocardial Infarction

### **Functional Limitations:**

ADL, IADL, work and leisure impairment

Functional mobility impairment

Limited activity tolerance and endurance

Lower extremity edema

Knowledge deficit

Depression

Other symptoms and conditions - angina, coronary artery disease, coronary artery bypass graft surgery

### **Occupational Therapy Intervention:**

ADL, IADL, work and leisure training including but not limited to...

Recommend and/or provide adaptive equipment

Instruct patient in donning and doffing support stockings

Reinforce dietary instructions during kitchen management tasks

Instruct in energy conservation techniques with application to ADL's

Functional mobility training

Teach patient to position self in bed to ease breathing on pillows or wedge

Instruct patient to elevate legs to reduce edema, modify recliner chair handle using a length of PVC pipe to provide leverage, attach a strap to a footstool to ease pulling it into position

Instruct in UE active ROM exercises to prevent stiffness and as a warm-up to walking exercise

Instruct in balancing rest and activity, signs and symptoms of overworking the heart, self-pulse monitoring, Perceived Rate of Exertion and progression of activities

Assess and monitor blood pressure, heart rate, respiratory rate and oxygen saturations during functional tasks

Teach stress management and relaxation techniques

Promote wellness by reinforcing lifestyle changes (stop smoking, lower high blood cholesterol, control high blood pressure, maintain diabetes control, follow a regular exercise plan, achieve and maintain ideal body weight, control stress and anger)

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### **Patient Education:**

1. Self-Monitoring of Heart Rate
2. Activity Guidelines Following Heart Attack
3. Stress Management and Relaxation Techniques
4. Energy Conservation Principles
5. Energy Conservation with Self Care Activities
6. Energy Conservation with Meal and Home Management