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Quality of life in older patients with myocardial infarction

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Background: Myocardial infarction has disability and crippling nature that severely affected to quality of life of patients' with myocardial infarction. Quality of life is one of the predictors of mortality and morbidity prevalence in affected patients.

Purpose: The present research was accomplished to determine the quality of life scores' of myocardial infarction patients and related factors on it.

Methods: In this cross sectional study, 350 elderly patients with myocardial infarction were selected by two-stage sampling method that admitted to chosen teaching therapeutic hospitals in Tehran city in the year 2013. Data collection tool consisted of two parts including demographical information and 36-item short form of general quality of life.

Results: Among eight domains of quality of life, social functioning domain with mean and standard deviation $66/71 \pm 25/77$ and restriction in role playing domain with mean and standard deviation $20/50 \pm 25/86$ had highest and lowest scores, respectively. Quality of life score among females than males in the majority of sub-domains were statistically lower ($P<0.05$). Covariance analysis was showed that there were statistically differences among disease severity and quality of life sub-domains ($P<0.05$).

Conclusion: The results of the study showed that different domains of quality of life in patients with myocardial infarction are undesirable. Therefore, concentration and attention in the nursing care in order to ameliorate and improve the quality of life for these patients appears necessary.

Keywords: Quality of life, Myocardial infarction; SF – 36; Cross sectional Study.