



## CHANGES IN THE QUALITY OF LIFE OF PATIENTS WHO HAVE SUFFERED AN ACUTE MYOCARDIAL INFARCTION: PATIENT-CENTERED CARE

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### INTRODUCTION

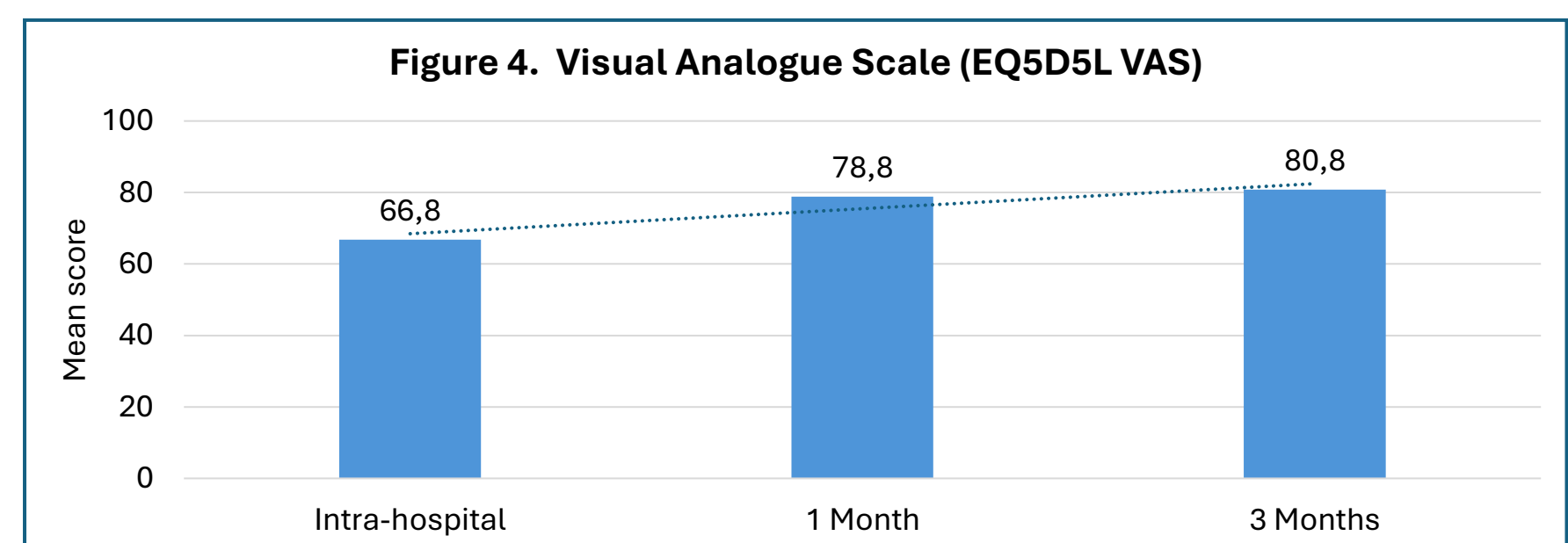
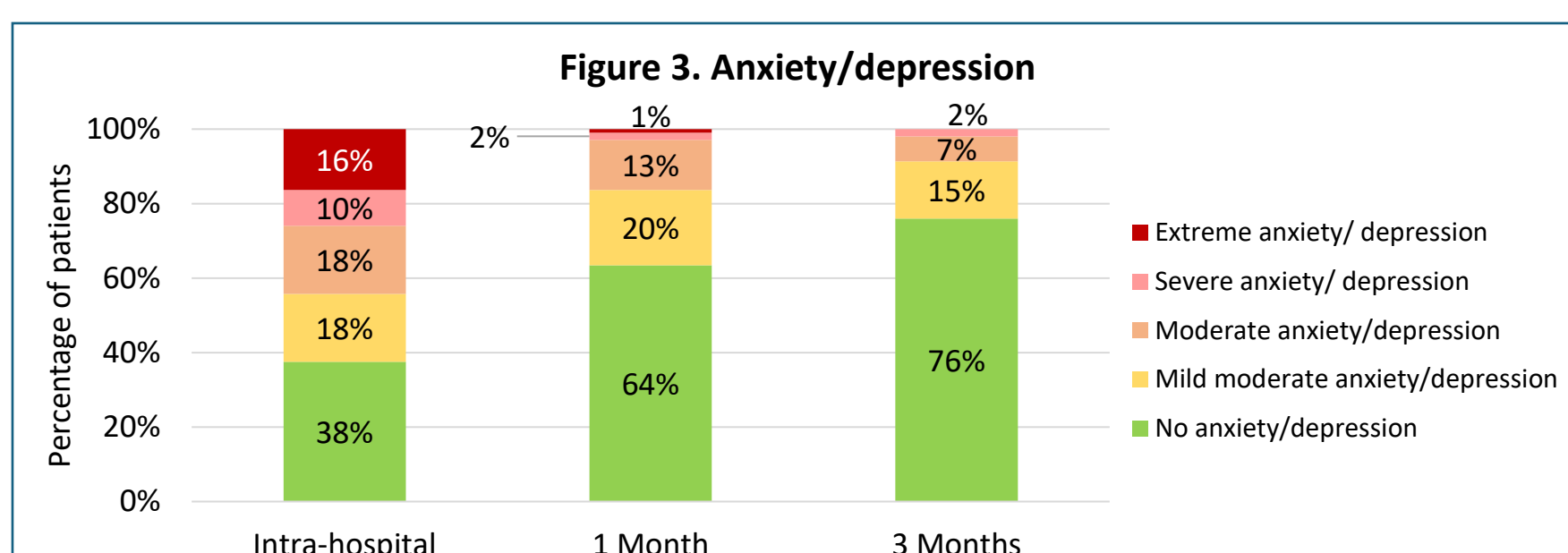
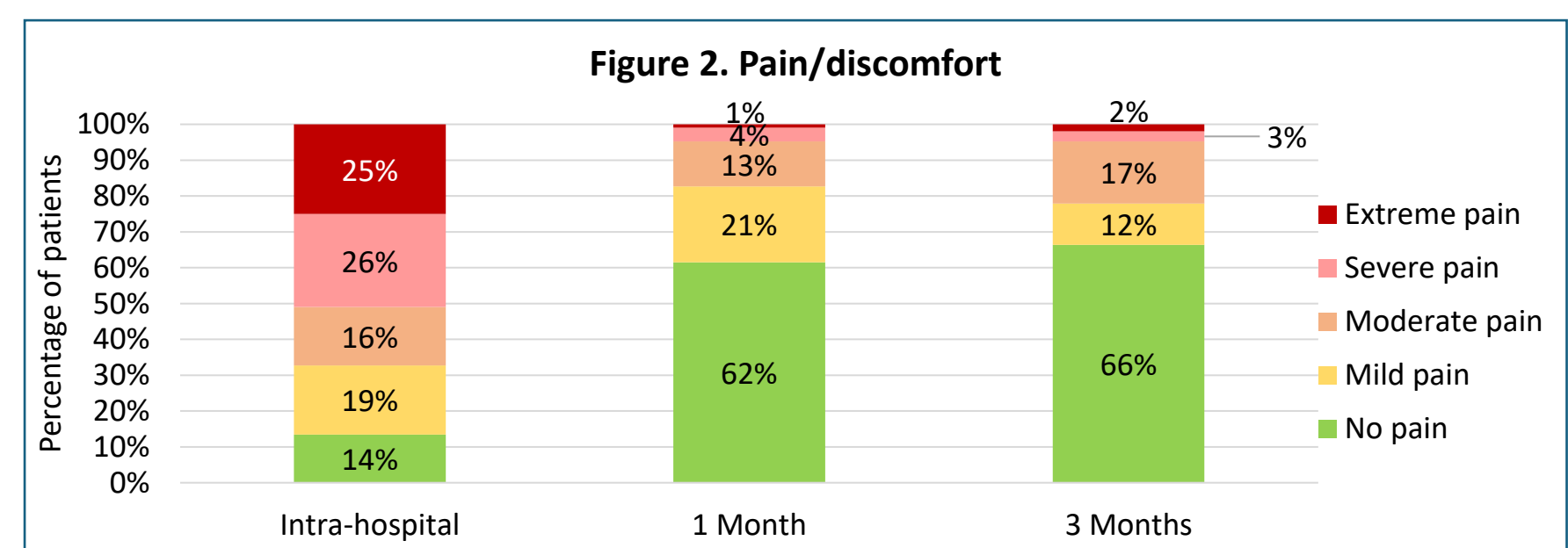
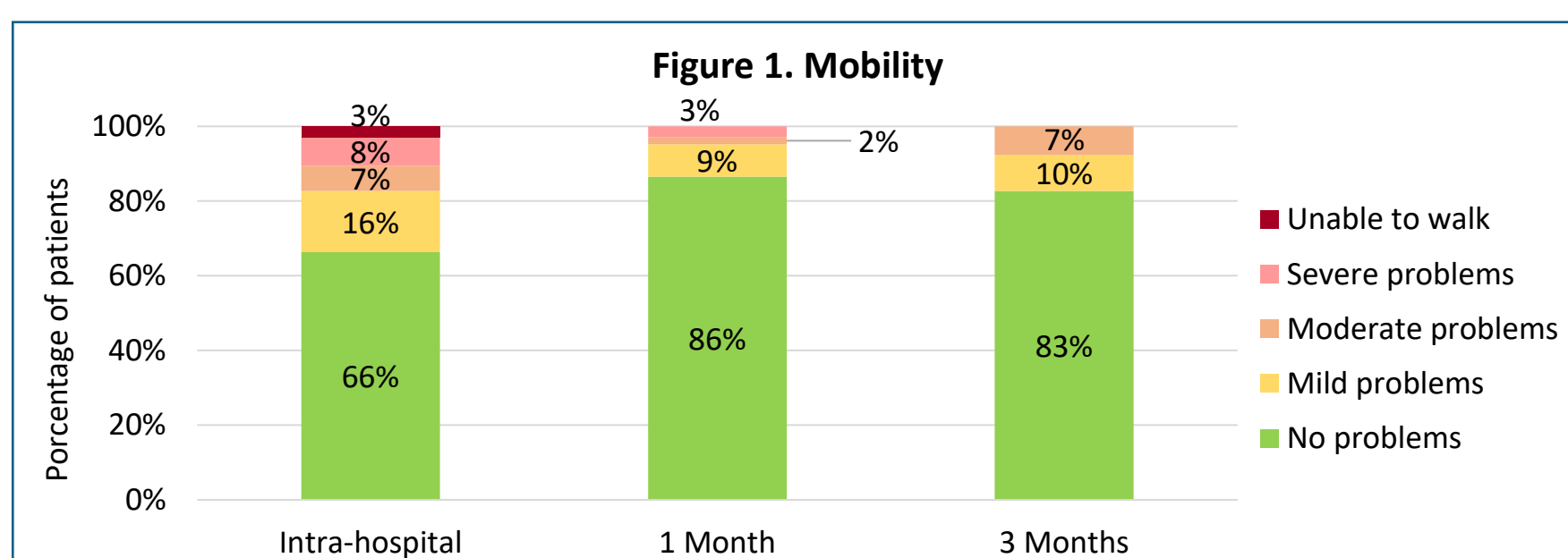
Health-related quality of life has gained increasing significance in the management of cardiac patients, as it is influenced by various factors such as: heart muscle damage, physical limitations, and the need for ongoing treatment that requires lifestyle adjustments. It is crucial to implement a comprehensive care approach, including outcomes measurements that matter to the patient and may contribute to the provision of significant clinical support. EQ-5D-5L is recognized as a valuable tool, assessing health-related quality of life outcomes to understand patients' perceived health and well-being through their own perspective. This study assesses the impact of acute myocardial infarction on the health-related quality of life with the EQ-5D-5L, in patients attended at Fundación Santa Fe de Bogotá at three time points: during hospitalization, and 1 and 3 months of follow up.

### METHODS

- A longitudinal study was conducted in patients with a diagnosis of acute myocardial infarction (with and without ST segment elevation) aged 18 years or older who were attended at Fundación Santa Fe de Bogotá and had at least three months of follow-up.
- Data was collected through the EQ-5D-5L questionnaire via in-person interviews and telephone follow-ups
- Patients in a serious clinical condition, with cognitive impairment, or unable to communicate were excluded from the study.

### RESULTS

A total of 104 patients with acute myocardial infarction completed in-hospital, 1-month and 3-month quality of life measurements. With a mean age of 66.1 years and a male predominance of 80% (n:83), relevant patterns in postinfarction recovery were observed. There were considerable improvements in mobility, showing an initial increase from 66% of patients who reported no problems to 86% at 1 month and a slight decrease to 83% at 3 months. Pain control and anxiety/depression showed minimal decreases in the percentage of patients reporting no problems through 1- and 3-months follow-ups. The Visual Analogue Scale (VAS) mean score increased from 66.8 at baseline to 80.8 at 3 months after the cardiac event (Figures 1 to 4)



### CONCLUSIONS

By measuring EQ-5D-5L in patients with acute myocardial infarction, healthcare providers can comprehensively assess quality of life, covering various aspects of the patient's well-being and functioning. Results show that patients may experience greater impairment in dimensions such as pain and discomfort, as well as anxiety/depression, underscoring the need for clinical models that prioritize addressing these factors to enhance patients' perception of quality of life and improve their overall health experience. Data obtained also emphasizes the importance of incorporating outcomes measurements in the entire care process, serving as a relevant resource for guiding treatment decisions.

