

The Patient's Resources and Its Relationship to Adjustability Process After Acute Myocardial Infarction

Orly Kolpak^{1,2}, Malka Yahalom¹, Nathan Roguin¹, Malka Ehrenfeld², Talma Kushnir²

¹ *Department of Cardiology, Western Galilee Hospital Nahariya, Nahariya,* ² *Department of Nursing, Sackler Faculty of medicine, Tel-Aviv University, Tel-Aviv, Israel*

Background: Myocardial Infarction (MI) is a life-threatening episode, which causes patient extreme stress. This study is based on Hobfoll's Conservation of Resources Theory (1988, 1989), which discusses the understanding of stress-creating mechanisms, as well as coping methods in which one utilized personal resources (optimism), social resources (a stable marriage), and environmental resources (education, occupation).

Aims of the study: To examine the connection between the perception of resource loss that occurred during hospitalization following MI and the process of physical and social adjustability.

Methods: The study included 62 men hospitalized after MI, aged 35-65, married, working, Hebrew readers and speakers. They responded to a self-report questionnaire which assessed social support and perceived resource loss. Physical and psychological adjustment was assessed 4 weeks after discharge.

Results: The amount of social support was positively correlated with adjustability process. A positive correlation was found between the fear of employment loss and adjustability to emotional distress. Perceived resource loss and physical and psychological adjustment were unrelated.

Conclusions: The research revealed five factors of resource loss in those suffering from MI: damaged health, diminished functioning in one's family as well as socially, employment loss, loss of joy in eating, and diminished self-worth. The study findings could potentially contribute to the growth of welfare in hospitals.