Acute Myocardial Infarction: A Descriptive Study of the Experience

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A qualitative study was conducted to gain a comprehensive description of the first uncomplicated AMI experience. Six participants were identified using a convenience sample. Using Gorden’s method (1980), each participant was interviewed. The cardiac rehabilitation time frame was chosen to conduct the interview in order for the participants to have time to reflect on the experience. The results of the study revealed that the participants had similarities regarding their AMI experience. This study represents a preliminary step towards understanding how the acute myocardial infarction is perceived by the patient over the entire course of time.