



Chest pain - Nursing Information and Self-Care

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Chest pain can be caused by problems of the heart, lung, gastrointestinal tract or musculoskeletal systems. The worst situation would be a heart attack, also known as myocardial infarction.

A. If you experience any of the following symptoms of a heart attack, be sure to seek emergency medical care immediately.

1. Increased frequency and severity of chest pain or doesn't relieved after rest.
2. Persistent chest pain and discomfort or sharp chest pain or epigastric pain, radiation to arms shoulders, the back, neck or jaw.
3. Sudden onset of syncope, shortness of breath, cold sweating or loss of consciousness.
4. Chest pain doesn't relieved after taken 2 tablets of sublingual nitroglycerin.

※Nitroglycerin Sublingual Tablets Information

Nitroglycerin sublingual tablets should be kept in the original glass container, tightly capped. If the medication has been exposed to high temperature or if the date on the bottle has expired, it should be discarded and replaced. It should also be replaced if there is no burning or tingling sensation when administered sublingually.

At the first sign of a heart attack, sit down **or lie down** if possible while taking sublingual nitroglycerin tablets. This eliminates the possibility of falling down due to lightheadedness or dizziness as your blood pressure may drop.

The dose may be repeated approximately every five minutes. If the pain persisted after a total of 3 tablets in a 15-minute period, call 911 immediately as prompt medical attention is recommended.

B. Self Care Education

1. Stay on your own medication dose schedule.
2. Avoid sustained straining such as Valsalva maneuver while defecating.
3. Eat healthy with a low fat, low salt, and low calorie diet; avoid marinated, smoked, canned, and fast foods (e.g. hamburgers) or manufactured food.
4. Stay in a good mood and do not stress yourself too much.
5. Stop smoking and drinking; Avoid strenuous exercise.
6. Rest immediately when you experience chest pain.

C. Follow your doctor's instructions with regular cardiology OPD follow-up.

D. If you have any questions or suggestions, please contact us. We are very willing to help. Our contact telephone number: Taipei: (02)2543-3535 extension: 3126 Danshui :(02)2809-4661 extension:2662.

Mackay Memorial Hospital Emergency Department

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Signature:

Relation to patient:

Date: