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NURSING REHABILITATION PROCESS IN PATIENTS AFTER MYOCARDIAL INFARCTION

Key words: *nursing process, rehabilitation, myocardial infarction, nurse, the patient.*

Actual topics: myocardial infarction is one of the mortality causes, temporal disability, disability of the working layer of the Ukrainian population that leads to the economical loss to the state. As the result the issue of the rehabilitation of the patients with the myocardial infarction is particularly important.

For now the Cardiac Service has the greatest experience in the medical rehabilitation of the patients in comparison with the Therapeutic Services of Ukraine. However the nursing process doesn't fully used in the Practical Healthcare.

Using the nursing process in the practical healthcare of Ukraine has to be useful both for the patient and the family: it urges them to take an active part in the treatment and the rehabilitation, involving the in the whole three steps of the nursing process [1, c. 23].

The nursing process has to increase the sense of satisfaction from the job and positively affect upon the professional growth among the medical workers. It noticeably improves the relation "the nurse – the patient". Moreover the using of the nursing process promotes the development of the cognitive, engineering and interpersonal skills.

Learning of the international experience of the nursing development shows that rational use of the nursing staff significantly contributes to the improvement of the quality, availability and cost of medical care to people, the effective use of the resources in the healthcare and prevention of disease complications [4, c. 7].

The research aim: to explore the effectiveness of the implementation of the nursing process in the rehabilitation of the patients with the myocardial infarction.

Objectives of the study:

1. to carry the analytical overview of the literature through this problem.
2. to analyze the existing national approaches to the organization of the nursing process among the nurses for the effective rehabilitation of the patients.
3. to prove the promising approaches to the nursing process in the nurse activity for the effective rehabilitation of the patients with the myocardial infarction.

Results and discussion: The rehabilitation is the combined and coordinated use of medical, mental, social, pedagogical and professional measures to prepare and retrain the personality for the further effectiveness of employment.

The restorative treatment of patients with myocardial infarction are carried out in several stages:

- inpatient wards of hospitals (the first step);

- specialized spa establishments (the second step);
- outpatient facilities and the Institute of Cardiovascular Surgery (the third step).

The organization of the rehabilitation programs is based upon the principle of the strong individualization.

The permanent monitoring of the patient helps to evaluate the patients coronary reserve and the physical state, shows the dynamics of clinical symptoms of the disease.

It becomes clear that the qualitative and effective implementation of the nursing process provides multidisciplinary approach – such organization of medical-care that provides complexity, continuity, straightness of the quality of the medical and social help and the mental support.

The nursing process is the scientific nurse method of clear provision of nursing care and some care scheme. It provides support of the optimal health of the patient.

Thanks to the nursing process the nurse is able permanently to collect and critically analyze the information, make conclusion about the response to care, the real opportunity to implement the plan of care and existence of new problems that have to be noticed.

Conclusion: As follows the nursing process in rehabilitation is the implementation of the optimal program for the every particular patient that provides creation the most favorable physical, mental and social conditions. The active influence plays an important role upon the personality of the patient by means of organizing the lifestyle, restore the lost personal significance of the individual, so the doctor's and the nurse's tasks of the Rehabilitation Service are the medical, social, and labor rehabilitation, because these components are closely linked and the absence of at least one of them unable to achieve the desired result.

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