

## **Functional Status Model: An Empirical Test among Discharged Acute Myocardial Infarction Patients**

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### **Abstract**

Functional status is known to be adversely affected by an acute myocardial infarction (AMI), especially the first month after the event. Problems involved in restoration of the highest possible functional status level are complex and not well understood. To better understand these issues, the aim of this study was to test, one month post-hospitalization, the effects of discharge readiness, cognitive and emotional illness representation, problem- and emotion-focused coping and depressive symptoms on functional status of individuals who had experienced an AMI.

A sample of 180 post-AMI patients were recruited from five hospitals located in Bangkok and Nonthaburi Province. Participants completed two questionnaires, on the day of discharge, and three questionnaires, one month after discharge. The final model fit the data well, and explained 56% of the variance in functional status of the AMI patients.

Although illness representation, coping and depressive symptoms influenced the functional status of those who had experienced an AMI, discharge readiness was found to be the most influential predictor of functional status. Recommendations center on the importance of preparing AMI patients for discharge.

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