










STEMI Heart Procedure CareMap

Your care plan may differ

Day 0: Day of Procedure	Day 1	Day 2: Day of Discharge
<p>After your STEMI (ST-elevation myocardial infarction) heart procedure:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Move from Cath Lab to Critical Care Unit (CCU) or Telemetry Unit <input type="checkbox"/> Bed rest  <input type="checkbox"/> Out of bed to chair, move in room if blood pressure stable  <input type="checkbox"/> Eat ice chips, if you can  <input type="checkbox"/> Make sure you have a primary cardiologist (heart doctor) to manage your care  <input type="checkbox"/> Meet with social worker, if needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Take usual home medicines  <input type="checkbox"/> Pain under control <input type="checkbox"/> Begin eating and progress diet, as able <input type="checkbox"/> Receive <i>antiplatelet</i> plan for discharge <input type="checkbox"/> Start on new drugs to protect your heart <input type="checkbox"/> Occupational Therapy (OT) and Physical Therapy (PT) evaluation and training: <ul style="list-style-type: none"> - Activities of daily living (ADLs) - Walking 3 times a day  - Learn safety precautions  <input type="checkbox"/> Discharge date given <input type="checkbox"/> Work on discharge goals <input type="checkbox"/> Patient and family learn about mobility precautions, diet, wound care, medicines  <input type="checkbox"/> If your discharge goals are met, you may leave the hospital today 	<ul style="list-style-type: none"> <input type="checkbox"/> Follow-up visits scheduled  <input type="checkbox"/> Wound is clean and dry <input type="checkbox"/> Able to move safely within precautions <input type="checkbox"/> Patient and family education on follow-up visits, knowing who and when to call after leaving the hospital <input type="checkbox"/> Shower and dress in own clothes <input type="checkbox"/> Discharge from the hospital 