

Heart Attack Re-presentations Toolkit

ACTRN12624000870550

Status	RECRUITING
Sponsor	Central Adelaide Local Health Network
Enrollment	472 participants

Plain Language Summary

A heart attack (acute myocardial infarction, or AMI) is a life-changing event, and the transition from hospital back home can feel overwhelming. Without adequate support, many patients return to emergency departments with complications or anxiety. Clear, personalised information and tools for self-management can make a significant difference.

This study is testing a personalised discharge toolkit designed to help AMI patients manage their recovery at home more confidently, understand warning signs, and know when to seek help. The aim is to reduce the number of hospital re-presentations in the weeks following discharge.

You may be eligible if you are aged 18 or older and have been admitted to the Queen Elizabeth Hospital or the Royal Adelaide Hospital with a confirmed heart attack diagnosis. You must have access to email or a phone. People who are acutely unwell, require high-level residential care, have significant cognitive impairment, or are not willing to participate would not be eligible.

Key Eligibility Criteria

Inclusion (1)

- Presentation to The Queen Elizabeth Hospital or the Royal Adelaide Hospital with a diagnosis of Acute Myocardial Infarction (AMI) and aged over 18 years.

Exclusion (5)

- No access to email or phone.
- Immediate life-threatening illness or existing palliative care client.
- Impaired cognitive state or communication barrier impacting on ability to self-manage that is irreconcilable by a carer.
- Requires high level of residential care.
- Potential participant not willing to participate.

Locations (2 total)

The Royal Adelaide Hospital - Adelaide, SA, Australia
The Queen Elizabeth Hospital - Woodville, SA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000870550>

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