

Takotsubo in the workplace: a case report

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Introduction: Takotsubo (stress) cardiomyopathy (CMP), or "broken heart syndrome," is a condition where the heart muscle suddenly becomes weakened or stunned. It usually occurs after intense emotional or physical stress. The heart chamber appears like the Tako-Tsubo pot, which is a Japanese fishing pot used to catch octopuses and was first described in 1990.¹ Takotsubo CMP can occur at any age, in both men and women, but it most commonly affects older women. More than 90% of reported cases are in women aged 58 to 75 years. Research shows that up to 5% of women suspected of having a heart attack have this condition.

Case report: 59-year-old female patient with a positive personal history of cardiovascular diseases was hospitalized on August 30, diagnosed with Takotsubo CMP. The patient experienced chest pain at work, rated 7-8/10 on the pain scale, following a stressful situation. As the symptoms worsened, the patient presented to the Emergency Department. After undergoing tests, the patient was prepared for the procedure and taken to the operating room. Upon completion of the examination, the diagnosis confirmed Takotsubo CMP, and with medical personnel, the patient was transferred to the Intensive Care Unit, visibly distressed by the events leading to her hospitalization but cooperative regarding further treatment. She was seen by a psychiatrist, prescribed therapy, and received psychological support. Nurses and medical staff, through 24-hour monitoring, care, and frequent psychological support conversations, did everything to improve the patient's condition. Over the following hours, the patient reported a reduction and cessation of chest pain. The day after hospitalization, the patient was in a low mood, feeling tired and fearful of a recurrence of the event. After two days of monitoring and examination, with her condition improving, the patient was transferred to a ward for further observation. Upon further improvement, the patient was discharged home on September 4, after five days of hospitalization, with recommendations and education regarding therapy and lifestyle adjustments.

Conclusion: Takotsubo CMP is a temporary but significant condition triggered by severe stress. The case presented illustrates the importance of prompt diagnosis, comprehensive medical care, and psychological support in managing this condition. Education on lifestyle adjustments and stress management remains crucial to prevent recurrence and support long-term well-being.

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LITERATURE

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