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OUR CONTRIBUTION TO THE ACHIEVEMENT OF THE: NARRATIVE BOOKLET,
BIOPHYSIOLOGICAL AND CUSTOMIZED ON CARDIAC FAILURE PARTICULARITIES
FUNDAMENTS AND OF REHABILITATION TRAINING AND CONCEPTUAL DESIGN
OF THE RELATED PROGRAM'S IMPLEMENTATION IN VIRTUAL COACHING
(WITHIN THE EUROPEAN COMMISSION PROJECT HEALTHY AND BEHAVIOURAL
MODELS FOR VIRTUAL COACHING – VIRTUAL COACHING ACTIVITIES FOR
REHABILITATION IN ELDERLY (VCARE PROJECT))ANDONE Ioana^{1,2}, PANDREA Alexandru¹, BUSNATU Stefan^{1,2}, SINESCU Crina^{1,2}, ONOSE Gelu^{1,2}Corresponding author: ANDONE Ioana, E-mail: ioanaandone11@yahoo.com

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Abstract

Introduction. Heart failure (HF) represents a complex pathology that can determine a progressive deterioration of ventricular function. Consequently, patients with heart failure have a reduced physical capacity due to dyspnea and fatigue. Cardiac rehabilitation may reduce hospitalization and improve survival in patients with heart failure.

Material and methods. The cardiac rehabilitation program in HF during vCare Project has three phases: Phase I - inpatient, 5-7 days, with adequate treatment in the acute stage and after stabilization, early mobilization of the patient; Phase II - outpatient, 6 weeks-12 weeks, ambulatory rehabilitation and secondary prevention measures implementation; Phase III - outpatient, months/years, implies home rehabilitation including the use of virtual coaching and implementation of all the principles learned during the first two phases of rehabilitation. In the current phase of the project were established the clinical pathways, the descriptive parts of the selection criteria for clinical trials and also the narrative for Virtual Coaching.

Results and Discussions. The vCare project can be a future key for rehabilitation continuity at home, taking into account the clinical basis of the patients and the context information. Thus, the Virtual Coach will be able to personalize and adapt the objectives based on the progress achieved in the impairments.

Conclusion. An adequate rehabilitation program including serious games in patients with heart failure may increase their Quality of Life and may enhance their autonomy. The continuity of care in people's home, including with Virtual Coaches, could have a favorable impact, with a bigger adherence to the care plan and minimizing the risk factors.

Keywords: *rehabilitation training, cardiac failure, serious games*