



WEB OF SCIENCE

THE SOCIO-ECONOMIC STATUS - BEAM BETWEEN WILLINGNESS AND ABILITY TO PERFORM CARDIAC REHABILITATION

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Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: L36

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Abstract

Introduction. WHO defines cardiac recovery as the sum of the activities needed to positively influence the root cause of the disease, as well as to ensure the best possible physical, mental and social conditions so that patients can regain their place in the community through their own efforts.

Materials and Methods. Patients eligible for cardiac recovery may have the following diagnoses: myocardial infarction, stable / unstable angina pectoris, heart failure, after CABG, after PTCA, after valve prosthesis surgery, after heart or heart-lung transplant, after implantable devices. The components of cardiac rehabilitation are: initial evaluation, risk stratification, physical training, patient education, management of cardiovascular risk factor, dietary advice, stress management, smoking cessation interventions, communication with the family doctor, vocational counseling and reassessment at the end of the cardiac rehabilitation program. Sociologists describe a number of factors that influence cardiac rehabilitation: income, density of programs related to the number of inhabitants, recommendation to follow rehabilitation programs, referral of patients for enrollment in these programs, specialized staff and technique, national access strategies of cardiac rehabilitation programs.

Results. Age, sex, marital status, educational level, income and the environment of origin are predictors for cardiac rehabilitation. Main for patients from rural areas there are barriers that prevent them from following cardiac rehabilitation programs. These are represented by: geographical location, distance from the cardiac rehabilitation center, access to public transport, weather conditions, roads quality.

Conclusions. Socio-economic status, the existence of staff with an optimal level of training, material conditions and nationally supported programs are elements on which the cardiac rehabilitation process depends.