



WEB OF SCIENCE

A MODEL FOR INSTITUTIONAL CARDIOVASCULAR REHABILITATION IN ROMANIA SINCE 1960 – HOSPITAL FOR CARDIOVASCULAR REHABILITATION “DR.BENEDEK GEZA”COVASNA

SUCEVEANU Mihaela Carmen

Editor: Constantin MUNTEANU, E-mail: office@bioclima.ro

Balneo and PRM Research Journal

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

Vol.12, No.3 September 2021

p: L77

Corresponding author: SUCEVEANU Mihaela Carmen, E-mail: sucevenum@yahoo.com

Hospital for Cardiovascular Rehabilitation “Dr. Benedek Geza”, Cardiac Rehabilitation, Covasna, Romania

Abstract

Objectives. Romania has one of the highest mortality rates for ischemic heart disease and especially for cerebrovascular disease among European countries. Considering the current prevalence of the cardiovascular disease, an increase is expected regarding the request of medical services in this field, with an important impact on cardiovascular rehabilitation. In Romania, a particular hospital for cardiovascular rehabilitation is situated in Covasna, a health resort where, along with usual rehabilitation programmes, specific balnear procedures are also applied, such as CO₂ hydrotherapy and mofettes, since 1960. Patients are sent here by cardiologists from the entire country, as it represents an important link in cardiovascular rehabilitation in Romania. The objective of our study was to evaluate the demographic characteristics and the pathology for which patients were hospitalised in 2019 and the specific rehabilitation procedures which were applied during this year.

Method and results. Statistical analysis proved that the average age for patients hospitalized was 64.36 years. The main area of residence was the urban one, 83.43% of the patients coming from counties other than Covasna. The main diagnostics at discharge were: ischemic heart disease (33.99%), arterial hypertension (56.37%).

Conclusions. Among the specific procedures for cardiovascular rehabilitation, CO₂, applied as CO₂ hydrotherapy and mofettes, represents a specific and unique model for cardiovascular rehabilitation. Rehabilitation is an important task in the management of cardiovascular diseases. The natural beauty and resources, such as mineral springs and mofettes, are the main reasons for choosing Covasna as "the heart resort" in Romania.

Key words: cardiac rehabilitation, cardiovascular diseases, CO₂ therapy.