

Cardiac Rehabilitation: Promises from the Therapeutic Point of View

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Abstract: Cardiac rehabilitation (CR) is defined by the World Health Organization (WHO) as "The sum of activity and interventions required to ensure the best possible physical, mental, and social conditions so that patients with chronic or post-acute cardiovascular disease may, by their own efforts, preserve or resume their proper place in society and lead an active life". Different healthcare providers are usually involved in cardiac rehab, including nurses, exercise specialists, and nutritionists, while doctors supervise the program. Family members and friends can also provide important support. This Informative Article mainly aims to explore "How does cardiac rehabilitation can help people with heart conditions?" and "Which health benefits it has?"

Keywords: heart disease risk, cardiology, prevent, patient, recovery

1. Introduction

Heart diseases are the leading cause of death worldwide. While it can be deadly, it's also preventable in most cases. By adopting healthy lifestyle habits, people can potentially live longer with a healthier heart.

2. Heart disease, what does it means?

Heart disease refers to any condition affecting the heart.

3. What is cardiac rehabilitation?

Cardiac rehabilitation (cardiac rehab), is a supervised program of exercise, education and counseling.

The cardiac rehab program is designed to help patients improve their health and recover from a heart attack, other forms of heart disease, or heart surgery.

4. The goal of cardiac rehabilitation

The goals of cardiac rehabilitation include establishing a plan to help patients regain strength, prevent their condition from worsening, reduce the risk of future heart problems, and improve health and quality of life.

5. Who needs cardiac rehabilitation?

People who have had a heart problem, such as a heart attack, heart failure, or heart surgery, can benefit from cardiac rehabilitation.

6. How can cardiac rehabilitation help?

Cardiac rehabilitation is a valuable treatment for patients with a broad spectrum of cardiac disease. Many studies have found that cardiac rehabilitation helps men and women, people of all ages, and people with mild, moderate, and severe heart problems.

7. The health benefits of cardiac rehabilitation

Cardiac rehabilitation is a complex intervention offered to patients diagnosed with heart disease, which includes components of health education, advice on cardiovascular risk reduction, physical activity and stress management. It can have many health benefits in both the short and long term, including:

- Increasing energy and strength to make daily activities easier.
- Preventing future illness and death from heart disease.
- Building healthier habits.
- Relieving symptoms of heart problems, such as chest pain.
- Strengthening heart and body.
- Reducing stress.
- Improving cholesterol levels.
- Improving mobility.
- Improving functional status.
- Improving mental health.
- Reducing risk of depression.
- Improving quality of life.
- Improving exercise performance.
- Allowing better medication adherence.

Add to that:

- Cardiac rehab may reduce cardiovascular mortality.
- Cardiac rehabilitation can help to reduce the risk of complications in people with heart conditions.
- Cardiac rehab helps Return to work faster.
- Cardiac rehab helps with weight loss.
- Cardiac rehabilitation can help prevent or lessen depression.

8. Where can patients get the cardiac rehabilitation?

Cardiac rehab programs are usually done in a hospital or rehabilitation center, and other programs can be done at home. It must be medically supervised.

A well-qualified team includes doctors, nurses, exercise specialists, physical and occupational therapists, nutritionists, and mental health specialists. Sometimes a case manager will help patients through cardiac rehabilitation.

9. How long it takes?

Formal cardiac rehabilitation programmes vary in intensity and duration. Typically, patients will have to go to cardiac rehab two or three days a week for about three months.

Important is, cardiac rehab programs have to be designed for the different needs and personal abilities of both female and male patients.

10. Conclusions

Cardiac rehab involves adopting heart-healthy lifestyle changes to address risk factors for cardiovascular disease. Participation in cardiac rehabilitation program is associated with many benefits, it can help recover from heart problems and improve the overall heart health through exercise, education and counseling.

11. Disclaimer

This information is not meant to replace the advice of a medical professional and should not be interpreted as a clinical practice guideline.

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Author Profile



Dr. Mohammed Shosha Sports scientist, researcher, therapist and author with many years of experience in the Sports field. He was born in Germany in 1984. He holds a Ph.D. degree in Physical Education in addition to several professional and scientific certificates from Germany, Egypt, United States, Switzerland, Australia, and the United Kingdom. Dr. Shosha is member of the lifelong learning community at Oxford University, member of the American Congress of Rehabilitation Medicine ACRM and member of the German Association of Health Sport and Sport Therapy.