

Short communication on Cardiac rehabilitation

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Abstract

Cardiac rehabilitation is also called cardiac rehab. It is a customized outpatient program of education and Exercise. It is designed to help people to improve their health and helps to recover from a heart attack, and various forms of heart disease or surgery to treat the disease. Cardiac rehabilitation involves emotional support, exercise training, and education about lifestyle that changes to reduce your heart risk disease, such as keeping a healthy weight, eating a heart-healthy diet and quitting smoking.

The goals of cardiac rehabilitation include establishing an individualized plan to help you preventing your condition from worsening, regain strength, improving your health and quality of life and reducing your risk of future heart problems. Cardiac rehab is a medically supervised program which is used to designed to improve people cardiovascular health if the people have experienced heart attack, angioplasty, heart failure, or heart surgery.

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Cardiac rehabilitation

Cardiac rehabilitation has three equally important parts

Exercise counseling and training

Exercise gets heart pumping and entire cardiovascular system working. And it helps to learn how to get body moving in ways that promote heart health.

Education for heart-healthy living

A key point of cardiac rehabilitation is educating our self.

Counseling to reduce stress

The Stress is the major thing that hurts our heart. This cardiac rehab helps us to identify and to tackle everyday sources of stress.

Cardiac rehabilitation is an option for people having different forms of heart disease. In particular, the people may benefit from cardiac rehabilitation if medical history includes:

Heart attack, Coronary artery disease, Peripheral artery disease, Angina, Angioplasty and stents, Heart or lung transplant, Certain congenital heart diseases, Cardiomyopathy, Heart or lung transplant, Pulmonary hypertension, Heart valve repair or replacement..

Cardiac rehabilitation programs

Cardiac rehabilitation programs main aim is to limit the psychological and physiological stresses of Cardiovascular disease which reduce the risk of mortality secondary to Cardiovascular disease and improve cardiovascular function that helps the patients achieve their highest quality of life

By following this goals that helps to increase the self-confidence in the patients through gradual conditioning. Cardiac Rehabilitation is the process by which patients with various cardiac disease and in partnership with a multidisciplinary team of health professionals who are encouraged to support, maintain psychosocial health and optimal physical health. Here in this process the involvement of other family members, partners are important.

Multidisciplinary team includes: Cardiologist/Physician and co-coordinator to lead cardiac rehabilitation, Pharmacist, Clinical nutritionist/Dietitian, Smoking cessation counselor/nurse, Social worker, Vocational counsellor.

Phases of Cardiac Rehabilitation

There are three phases involved in Cardiac Rehabilitation

Phase I: Clinical phase

Phase II: Outpatient cardiac rehab

Phase III: Post-cardiac rehab. Maintenance

This phase involves self-monitoring and more independence. Phase III centers on increasing, strengthening, flexibility and aerobic conditioning.

Sample format of Cardiac Rehabilitation involves:

1. Check in (vitals assessed)
2. Warm Up (15 mins)
3. Main class (30 mins)
4. Cool down (10 mins)
5. Monitoring and reassessment of vitals and check out.