

Koju ulogu ima radna terapija u programu kardiovaskularne rehabilitacije?

What is the role of occupational therapy in a cardiovascular rehabilitation program?

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Cilj radne terapije u bolesnika uključenih u program kardiovaskularne rehabilitacije je utvrditi informacije o tome kako bolest srca i krvnih žila utječe na pacijenta u svim segmentima okupacije: samozbrinjavanju, produktivnosti i slobodnom vremenu. Prvostupnik radne terapije stoga najprije individualnim pristupom vrši radno terapijsku evaluaciju – uzima radnu i socijalnu anamnezu i heteroanamnezu, definira okupacijski profil, analizira izvedbu bazičnih aktivnosti dnevnog života te komponenti vještina u kontekstu u kojem se svakodnevna aktivnost izvodi. Za procjenu aktivnosti svakodnevnog života primjenjuju se suvremeni instrumenti sukladno preporukama stručnih društava i to standardizirani i nestandardizirani upitnici za procjenu zdravstvenog stanja (npr. strukturirana ljestvica za ocjenu depresivnosti i anksioznosti - HAD ljestvica, determiniranje zdravstveno poželjnog ponašanja ispitivanjem lokusa kontrole, Kanadska mjera izvođenja okupacija, upitnik o razini tjelesne aktivnosti, mediteranskoj prehrani i dr.).¹⁻³

Dobrom procjenom radni terapeut kod kardiovaskularnog pacijenta detektira moguću prisutnost pojedinih radno terapijskih dijagnoza: smanjeno podnošenje napora, strah od tjelesne aktivnosti, nekritičnost prema tjelesnoj aktivnosti, socijalna izolacija, needuciranost o zdravstveno prihvatljivom ponašanju, stupanj anksioznosti i depresije, nezainteresiranost za terapiju i termine pretraga, umor, nepoznavanje čimbenika rizika, arhitektonske i druge barijere stambenog i radnog prostora.

U suradnji s pacijentom, a po potrebi i članovima obitelji, planiraju se potrebne radno terapijske intervencije. Neki ciljevi biti će zadovoljeni radom članova tima, a za neke ovisno o procjeni kardiologa, fizijatra, psihologa i/ili radnog terapeuta, bit će potreban individualan pristup. Radni terapeut terapijski educira intervencijama iz područja određivanja prioriteta u aktivnostima dnevnog života, savjetovanju o važnosti optimalnog omjera tjelesne aktivnosti i odmora, značaju pravilnog i redovitog uzimanja terapije te pridržavanju rasporeda pregleda i pretraga.

The objective of the occupational therapy in patients involved in cardiovascular rehabilitation program is to determine the information on how cardiovascular diseases affect the patient in all aspects of the occupation: self-management, productivity and free time. Bachelor of Occupational Therapy makes occupational and therapeutic evaluation first by individual approach – takes occupational and social medical history and heteroanamnesis, defines occupational profile, analyzes the performance of basic activities of daily living and components of skills within the context in which the daily activity is performed. The evaluation of the activities of daily living requires the use of modern instruments recommended by professional societies, that is, standardized and non-standardized questionnaires for evaluation of the health condition (e.g., structured scale for the evaluation of hospital depression and anxiety – HAD scale, determining the desirable health behavior by examining the locus of control, the Canadian measure of performing the occupation, questionnaire on the level of physical activity, questionnaire on Mediterranean diet, etc.).¹⁻³

Good evaluation helps an occupational therapist to detect potential presence of certain occupational-therapeutic diagnoses in a cardiovascular patient: reduced effort tolerance, fear of physical activity, lack of criticism towards physical activity, social isolation, lack of education about acceptable health behavior, degree of anxiety and depression, lack of interest in therapy and dates scheduled for examination, fatigue, ignorance of risk factors, architectural and other barriers in the residential and work area.

Required occupational-therapeutic interventions are planned in cooperation with a patient and family members, if necessary. Some objectives will be met by team members' work, while some of them, depending on the evaluation of a cardiologist, physiatrist, psychologist and/or occupational therapist will require an individual approach. The occupational therapist provides therapeutic education by interventions in the field of setting priorities in the activities of daily

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Dobrom procjenom radni terapeut prati i evaluira koji su segmenti svakodnevnog života narušeni kardiovaskularnom bolesti i u suradnji s pacijentom/ članovima obitelji i drugim članovima tima uspostavlja, obnavlja, modificira i/ ili održava aktivnosti svakodnevnog života.

U Službi ambulantne rehabilitacije u Poliklinici za prevenciju i rehabilitaciju kardiovaskularnih bolesti, nakon provedene dodatne edukacije, provodimo postupke radne terapije kod svih uključenih pacijenata u program ambulantne kardiovaskularne rehabilitacije od rujna 2015. godine. Djelokrug rada prvostupnika radne terapije dokumentira se na osobnim računima pacijenata primjenom šifri dijagnostičko-terapijskih postupaka u specijalističko-konzilijarno zdravstvenoj zaštiti koje propisuje Hrvatski zavod za zdravstveno osiguranje.

living, advising on the importance of optimal physical activity and rest ratio, the importance of proper and regular taking of the therapy and following the schedule of examination and workup.

A good evaluation helps an occupational therapist to monitor and evaluate which segments of daily living are impaired by the cardiovascular disease and he establishes, renews, modifies and/or maintains the activities of daily living in cooperation with the patient/family members and other team members.

Following the completion of additional education and training, we conduct occupational therapy procedures in all patients involved in the outpatient cardiovascular rehabilitation program since September 2015 in the Department of Outpatient Rehabilitation in the Institute for Cardiovascular Prevention and Rehabilitation. The scope of work of Bachelor of Occupational Therapy is documented in the personal accounts of patients by using the diagnostic and therapeutic procedure codes in secondary healthcare as prescribed by the Croatian Health Insurance Fund.

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