

## Učinkovitost kardiološke rehabilitacije u kompleksnog bolesnika s kombiniranim kardiokirurškim zahvatom

### Effectiveness of cardiac rehabilitation in a complex patient after combined cardiac surgery procedure

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Kardiološka rehabilitacija kao mjera sekundarne prevencije, a poglavito edukacija, neizostavni je dio liječenja kardioloških bolesnika.<sup>1</sup> Ateroskleroza kao osnovna patološka promjena razvija se godinama, a bolest odnosno infarkt miokarda i moždani udar obično se javlja iznenada izazivajući privremeni gubitak ili slabljenje sposobnosti za život i rad kardiološkog bolesnika. Provođenje rehabilitacijskog postupka nastupa nakon akutnog liječenja i zahtijeva angažiranost cijelog tima zdravstvenih djelatnika kako bi bolesniku osigurali najbolji mogući fizički, emocionalni i socijalni povratak u život. U radu su na primjeru kompleksnog, nepotpuno educiranog i nemotiviranog kardiološkog bolesnika sveobuhvatno prikazani svi aspekti, postupci te u konačnici pozitivni učinci kardiološke rehabilitacije.

Cardiac rehabilitation as a measure of secondary prevention, and especially education, is an indispensable part of the treatment of cardiac patients.<sup>1</sup> Atherosclerosis as a major pathological alteration has been developing for years, while myocardial infarction and stroke usually occur suddenly causing a temporary loss of work ability and other daily capability of a patients. Performing a cardiac rehabilitation procedure after acute phase of disease requires engagement of the entire team providing the patient with the best possible physical, emotional and social return to life. We present case report of complex, incompletely educated and unmotivated cardiac patient where we comprehensively described all aspects, procedures and ultimately the positive effects of cardiac rehabilitation.

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#### LITERATURE

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