

Pokretanje novih centara ambulantne kardiološke rehabilitacije u Republici Hrvatskoj

The launch of new outpatient cardiac rehabilitation centers in the Republic of Croatia

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KLJUČNE RIJEČI: ambulantna kardiološka rehabilitacija, čimbenici rizika.

KEYWORDS: outpatient cardiac rehabilitation, cardiovascular risk factors.

CITATION: *Cardiol Croat.* 2018;13(11-12):482. | <https://doi.org/10.15836/ccar2018.482>

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Kardiovaskularne bolesti (KVB) i dalje su glavni uzrok pobola i smrtnosti u Republici Hrvatskoj (RH). Tijekom 2016. smanjen je broj umrlih, a ukupna smrtnost bila je 45%. Kako bi se smanjio pobol, komplikacije i smrtnost od KVB-a potreban je kvalitetan preventivni program s ciljem dugoročnih promjena životnog stila i navika uz djelovanje na psihosocijalne čimbenike rizika. Važnost kardiološke rehabilitacije proizlazi ne samo iz njenog kliničkog značaja i ekonomske isplativosti, već i nepo- bitno dokazane činjenice smanjenja mortaliteta za 50% i smanjenja broja novih hospitalizacija za 25% u odnosu na one koji ne pristupe istoj. Barijere u korištenju kardiološke rehabilitacije su višestruke; nedostatak resursa, kapaciteta, smanjenog upućivanja od strane liječnika, loša ekonomska situacija, udaljenosti mjesta boravka bolesnika od mjesta provođenja rehabilitacije. U RH kao i cijeloj Europi nedostaje broj centara i samo manji broj bolesnika pristupi programima kardiološke rehabilitacije. Glavni cilj ovog projekta je povećati sudjelovanje oboljelih od KVB i povećati rehabilitacijsku dostupnost kroz programe otvaranja novih centara ambulantne kardiološke rehabilitacije u RH, edukacijom medicinskog osoblja, bolesnika i njihovih obitelji. Rehabilitacijom se umanjuje vjerojatnost ponavljanja kardiovaskularnog događaja stabiliziranjem bolesti, usporavanjem progresije, pa čak u nekim slučajevima i smanjivanjem stupnja bolesti.^{1,2} Kardiološka rehabilitacija je temelj pripreme za trajnu sekundarnu prevenciju KVB-a, vodećeg javnozdravstvenog problema današnjice i kao takva iziskuje multidisciplinarni pristup, a sve s ciljem značajnog pomaka ka pozitivnom trendu smanjenja smrtnosti od KVB u RH.

Cardiovascular disease (CVD) are still the major cause of death and mortality in Republic of Croatia. During 2016 the number of deaths decreased was reduced, and the total mortality rate was 45%. In order to reduce abnormalities, complications and deaths of CVD, a quality preventive program is needed with the aim of long-term changes in lifestyle and habits with acting on psychosocial risk factors. The cardiac rehabilitation benefit arises, not only from its clinical relevance and economic profitability, but also to the undeniably proven reduction of mortality by 50% and reduction of new hospitalization by 25%, compared to those who do not approach the same. Barriers in cardiac rehabilitation are multiple: lack of resources, capacity, reduction sending patients by a doctor, poor economic situation, distance of the patient's place of residence from the place of cardiac rehabilitation. In Republic of Croatia as well as across Europe the number of centers is missing and only small number of patient's approach programs of cardiac rehabilitation. The main objective of this project is to increase participation patients of CVD and increase the availability through the programs of opening new centers for outpatient cardiac rehabilitation in Republic of Croatia, education of medical staff, patients and their families. Rehabilitation reduces the likelihood of repeating a cardiovascular event by stabilizing the disease, slowing progression, and even in some cases reducing the disease level.^{1,2} Cardiac rehabilitation is the basic for the preparation for permanent secondary prevention of CVD, leading public health problem of today and as such requires a multidisciplinary approach all with the aim of significant shift towards a positive trend of decreasing mortality from CVD in Republic of Croatia.

RECEIVED:
October 28, 2018

ACCEPTED:
November 5, 2018



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