

Web platforma – Novi alat za personalizirani pristup u programiranom treningu

Web platform – A new tool for a personalized approach to scheduled training

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U Republici Hrvatskoj statistički se bilježi kontinuirano visoka stopa smrtnosti kao posljedica kardiovaskularnih bolesti (KVB). Lista čekanja za program kardiovaskularne rehabilitacije (KVR) povećana je zbog nedovoljnog kapaciteta u centrima za provedbu same KVR. Današnji razvoj tehnologije nudi nove mogućnosti u provedbi KVR. Personalizirani pristup, praćenje tjelesne aktivnosti i pristupnih parametara zdravih, ali i bolesnih osoba uz edukaciju bolesnika i njegove obitelji dio su nove perspektive u personaliziranom pristupu rehabilitacije svakog pacijenta.¹ Projekt koji razvijamo sastoji se od web portala strukturiranog s postojećim višestrukim izbornikom. Na portalu, pacijentu će biti dostupne sve informacije vezane uz njegovu bolest, mrežu KVR centara u Hrvatskoj, smjernice u ostvarivanju prava na rehabilitaciju te informacije i kontakte svih navedenih centara. Neregistrirani dio web portala sadrži sveobuhvatni i kontinuirani izvor smjernica primarne prevencije kroz edukativne programe. Smjernice obuhvaćaju opće informacije o čimbenicima rizika, kardiovaskularnim bolestima, stopi smrtnosti i oboljenja u Hrvatskoj i svijetu te opće smjernice u provedbi KVR. Web portal objedinit će zajedničku suradnju svih zainteresiranih ustanova koje bi provodile kardiološku rehabilitaciju, a pritom bi trebale zadovoljiti akreditacijski standard koji je postavljen za dobivanje licence za rad što uključuje i edukaciju stručnog kadra. Registracijski dio omogućava pacijentu niz novih mogućnosti u sklopu sekundarne prevencije i programu KVR.

Korisnički profil sadrži mogućnost individualiziranog programa KVR obzirom na pacijentov klinički status. Ukoliko je pacijent prošao program rehabilitacije u Thalassotherapiji Opatija tada će na profilu biti sadržani osnovni parametri i ostvareni rezultati KVR te plan programiranog treninga za nastavak rehabilitacije. Pacijentima na listi čekanja omogućit će se rani početak rehabilitacije ukoliko zadovolje početni upitnik, klasifikacije niskog rizika. Omogućen će biti pristup raznim tematskim kanalima i blogu koji će ovisno o stručnom području sadržavati razne edukativne materijale u vidu stručnih članaka i video materijala iz područja nutricionizma, kliničke psihologije, fizičkog i intervalnog treninga sa neizostavnim motivacijskim sadržajima. Pružena će biti mogućnost prijenosu podataka sa pametnih uređaja i raznih aplikacija za praćenje tjelesne aktivnosti te trajno spremanje rezultata na korisničkom profilu, što nam omogućuje detaljno praćenje kontinuiteta fizičke aktivnosti pacijenata i u sklopu sekundarne prevencije pruža mogućnost usmjeravanja i modeliranja preporučene doze fizičke aktivnosti. Pristupom virtualnim treninzima na bicikli omogućena je simulacija treninga snimljena na vanjskim stazama. Baza podataka ponudit će pacijentu staze u njegovom životnom okruženju

In Republic of Croatia there is a continuous and statistically significant increase of incidence of death due to cardiovascular disease (CVD). The waiting list for cardiovascular rehabilitation (CR) is increased due to insufficient capacity in Centers providing rehabilitation. Development of new technologies gives us new possibilities in implementation CR. Personalized approach, tracking of physical activity and access to parameters of healthy subjects, as well as ill people, along with the education of patients and their families are all parts of new perspective in personalized approach to rehabilitation of each patient.¹ We are developing a project that consists of a web portal structured with existing multiple-choice menu. Portal will provide all relevant information about his disease for patients, network of CR centers in Croatia, guidelines for patients' rights to enter rehabilitation and information and contacts with CR centers. The unregistered part of the portal consists of comprehensive and continuous source of primary prevention guidelines through educational programs. Guidelines includes general information about risk factor, cardiovascular diseases, mortality rates and illness in Croatia and world and general guidelines on implementation of CR. The web portal will consolidate joint collaboration of all institutions involved in cardiac rehabilitation, while meeting accreditation standards set for obtaining work license, which includes education of the professional staff. For registered users portal provides patients with additional possibilities in secondary prevention and CR program.

Users profiles contains possibility of individualized program of CR taking account patients clinical status. If a patient has undergone rehabilitation program in Thalassotherapia in Opatija, then the profile will include basic parameters and results of CR and plan for programmed training for further rehabilitation. Patients on waiting list will be allowed an early start of rehabilitation if they satisfy initial questionnaire of risk classification.

There will be access to various thematic channels and blogs that will, depending of expertise area, contain various educational materials in the form of professional articles and video materials from field of nutrition, clinical psychology, physical and interval training with infallible motivational content. It will be possible to transfer data from smart devices (smartphones, smartwatches) and various applications for tracking of physical activities and to permanently save user profile results, which allows us to monitor continuity of patient physical activity and as part of secondary prevention gives us the possibility to direct and to form recommended dose of physical activity.

Access to virtual bicycle training (in the future on treadmill and rowing ergometer) enabled simulated training on outdoor trails. The database will offer each patient

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te staze sa istim intenzitetom u ostalim dijelovima Hrvatske i svijeta što izgrađuje motiv za obavljanje fizičke aktivnosti.

Podrškom telemedicine, dostupnost kardiologa za odgovaranje na pitanja vezana uz rehabilitaciju biti će dostupna u svim dijelovima Hrvatske. Web portal kao velika baza statističkih podataka omogućiti će prikaz stanja pacijenata, a time poboljšanje sustava KVR. Upravo je to temelj profiliranja suvremenih općih i specifičnih preventivnih planova u zaštiti od KVB. U svijetlu porasta značaja prevencije KVB, rehabilitacija kardiovaskularnih bolesnika imati će sve veću važnost u cjelokupnom zbrinjavanju i sprječavanju pobola i smrtnosti od KVB, uz smanjenje troškova i povećanje kvalitete života.

trails surrounding his life environment and paths with the same intensity in other parts in Croatia and around the world which builds motive for physical activities.

With telemedicine support, the availability of a cardiologist to answer questions related to rehabilitation will be available in all parts of Croatia. Web portal as a large database of statistics will show current status of patient care and thus improve CR. This is a foundation for creating future general and preventive plans in protection from CVD. In the light of increase significance of prevention from CVD, rehabilitation of cardiovascular patients will become more important in overall care and prevention of diseases and mortality from CVD, with decrease of costs and increase in quality of life importance in overall care and prevention.

LITERATURE

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