



REHABILITATION IN PATIENTS WITH MYOCARDIAL INFARCTION - A HISTORICAL REVIEW AND REFLECTION ON THE TOTAL, CARDIOVASCULAR MORTALITY AND THE RISK OF RECURRENT MYOCARDIAL INFARCTION

Tanya Megova¹, Ivan Maznev²

¹Department of Kinesitherapy, Medical University, Pleven, Bulgaria

²National Sports Academy "Vasil Levski", Sofia, Bulgaria

Abstract:

The aim of this study was to review the literature regarding the impact of rehabilitation on prognosis in patients with acute myocardial infarction. Cardio-rehabilitation is administered routinely in practice over the last two centuries. It underwent significant development in our times and is characterized by an accelerated rate and by the application of very intense exercise. Numerous studies in recent decades prove beyond doubt the benefits of cardio-rehabilitation in patients with acute myocardial infarction. It reflects favourably on the quality of life of patients and on their forecast. In confirmation of this statement are clear evidence of reduced total mortality, cardiovascular mortality and recurrent myocardial infarction in patients conducted cardio-rehabilitation.

Keywords: myocardial infarction, rehabilitation, historical review, total mortality, cardiovascular mortality

Introduction

According to the European Society of Cardiology the cardio-rehabilitation is defined as "...a set of interventions aimed at achieving the best physical, psychological and social opportunities so that patients with chronic or after acute heart disease, maintain or occupy their inherent in society". Generally, rehabilitation represents a return to an active and

¹ Address for correspondence: Tanya Megova, Ph.D., , Department of Kinesitherapy, Medical University, Pleven. e-mail: tmegova@abv.bg