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CARDIAC REHABILITATION OF PATIENTS FOLLOWING MYOCARDIAL INFARCTION.

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The incidence of myocardial infarction is continuously increasing. In 2015, mortality from cardiovascular diseases reached 17 million of the total of 54 million deaths worldwide. Annually cardiovascular diseases cause 3.9 million deaths in Europe and over 1.8 million deaths in the European Union.

In accordance with the proposed tasks, we approached the patient selection procedure, examining a group of 60 patients with an average age of 63.3 years, who suffered MI, hospitalized during the period of 2021-2022 in Cardiovascular Rehabilitation and cardiosurgery of the IMSP Institute of Cardiology. The study group consisted of patients aged between 47 and 80 years. The evaluation was carried out on the basis of questionnaires elaborated in advance according to general and special clinical examination methods. On the studies for the evaluation of the functional state in patients with myocardial infarction, we proposed to evaluate the patients through the "6 minutes" test, performed before the rehabilitation training and repeated after 7 days of daily implementation of the rehabilitation program.

According to the results, the average value of the distance walked by the patients before following the rehabilitation program is 391.66 m. This value was between the minimum limits of 250 m and the maximum 600 m. The average value of FCC at the beginning of the test was of 69.63 beats/minute, and at the end were recorded - 78.86 beats/minute. The average value of systolic blood pressure at the beginning of the test was 132.33 mmHg, at the end the average value increased to 142.83 mmHg. Over 7 days of rehabilitation the average value of the distance traveled by the patients is 416.66 m. This value was between the minimum limits of 250 m and the maximum 600 m. The average value of the FCC at the beginning of the test was 69.26 beats/minute, and at the end increased average values were recorded - 82.1 beats/minute. The average value of systolic BP at the beginning of the test was 126 mmHg, but at the end of the test the average value increased to 141 mmHg.

After studying the rehabilitation program and comparing the results, we can conclude that performing physical exercises has a beneficial effect on the functional state of patients because, in the rehabilitation program, an increase in the average distance covered over 7 days of rehabilitation was highlighted.