

Rehabilitacija kardioloških bolesnika u Istri: jučer, danas, sutra

Rehabilitation of cardiovascular patients in Istria: yesterday, today, tomorrow

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Kardiološka skrb za bolesnika vrlo često podrazumijeva kardiovaskularnu rehabilitaciju kao timski postupak koji uključuje interdisciplinarni i transdisciplinarni pristup zdravstvenih djelatnika. Kardiološka rehabilitacija obuhvaća niz aktivnosti koje imaju za cilj postizanje najboljeg mogućeg fizičkog, psihičkog i socijalnog stanja pri čemu bolesnici nakon akutne faze bolesti trebaju ponovno zauzeti mjesto u zajednici i nastaviti s dotadašnjim aktivnim životom¹. Brojni znanstveni dokazi upućuju na to da mjere i postupci tijekom kardiološke rehabilitacije dovode do znatne redukcije rizičnih čimbenika i smrtnosti kardioloških bolesnika². Programi kardiološke rehabilitacije počeli su se razvijati i provoditi sredinom prošloga stoljeća. Današnji moderni programi uključuju sve raspoložive edukativne i motivacijske pristupe za smanjenje kardiovaskularnih rizičnih čimbenika, promociju zdravog ponašanja i aktivnog životnog stila.

U ovom radu bit će prikazan razvoj rehabilitacije kardiološkog bolesnika u Istri. Prikazuje se sam početak te poseban razvoj i napredak kroz umrežavanje. Poseban napredak bilježi se od 2012. godine kroz projekt Jadranska mreža prevencije kardiovaskularnih bolesti *LOVE YOUR HEART*, koji se provodio u tri države: Albanija, Hrvatska, Italija. Sredstva su osigurana iz EU fondova, a ciljevi projekta bili su vezani za stvaranje preduvjeta učinkovite prevencije putem razmjene iskustava s partnerima, pripremu edukativnih materijala i osnivanje centra za prevenciju kardiovaskularnih bolesti u smislu poboljšanja procesa ranog otkrivanja rizičnih čimbenika, brzine pružanja usluga visoko rizičnim pacijentima i poboljšanja praćenja njihovog stanja. Danas naši kardiološki bolesnici imaju mogućnost u vrlo kratkom razdoblju po postavljenju dijagnozi započeti rehabilitaciju. Osim rehabilitacije bolesnicima se nudi i pomoć oko promjene stila života. S bolesnicima rade liječnici obiteljske medicine, psiholozi, patronažne sestre, fizioterapeuti, nutricionist.

Cardiovascular care implies cardiovascular rehabilitation as a team procedure that includes an interdisciplinary and transdisciplinary approach of health professionals. Cardiovascular rehabilitation includes a series of activities aimed at achieving the best possible physical, mental and social condition, where patients after the acute phase of the disease should re-occupy a place in the community and continue to live an active life¹. Numerous scientific articles suggest that measures and procedures during cardiac rehabilitation led to a significant reduction in risk factors and mortality in cardiac patients². Cardiac rehabilitation programs began to be developed and implemented in the middle of the last century. Today's modern programs include all available educational and motivational approaches to reduce cardiovascular risk factors, promote healthy behavior, and lead an active lifestyle.

This paper will present the development of rehabilitation of cardiac patients in Istria. The very beginning as well as the special development and progress through networking are shown. Special progress has been made since 2012 through the *LOVE YOUR HEART* Adriatic Cardiovascular Disease Prevention Network project, which was implemented in three countries: Albania, Croatia and Italy. Funds were provided from EU, and the project objectives were related to creating the preconditions for effective prevention through exchange of experiences with partners, preparation of educational materials and establishment of a center for cardiovascular disease prevention in terms of improving the process of early detection of risk factors. Today, our cardiac patients have the opportunity to start rehabilitation in a very short period of time after they have been diagnosed. In addition to rehabilitation, patients are also offered help with lifestyle changes. Family physicians, psychologists, nurses, physiotherapists, and nutritionists work with patients.

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