

Cardiac rehabilitation: a new era of personalization and innovation

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Goal: This presentation aims to explore the evolving landscape of cardiac rehabilitation (CR) through innovative technologies and personalized treatment approaches for patients with cardiovascular diseases. Moreover, we aim to compare outcomes in myocardial infarction survivors participating in outpatient and inpatient CR programmes.

Patients: The focus is on individuals diagnosed with various cardiovascular conditions who require rehabilitation to enhance their health outcomes and quality of life. Results related to cardiopulmonary testing, blood analysis and quality of life obtained from a multidisciplinary team of experts will be presented.

Methods: Key innovations such as telemedicine, health tracking applications, and the formation of multidisciplinary teams are analyzed. The presentation emphasizes the importance of individualized exercise and nutrition programs, alongside the integration of psychosocial support, to create a comprehensive rehabilitation experience.

Conclusion: The adoption of modern technologies and personalized approaches in cardiac rehabilitation is transforming patient care, leading to improved outcomes and enhanced well-being. By embracing a holistic methodology, healthcare providers can better address the unique needs of each patient.^{1,2} If organized properly, outpatient and inpatient CR programmes might lead to similar outcomes.

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LITERATURE

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