

Role of the nurse in outpatient cardiovascular rehabilitation

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Our facility has been providing outpatient cardiovascular rehabilitation for several years, aiming to improve both primary and secondary prevention of cardiovascular diseases among the island's population. At the facility, we focus solely on personalized cardiovascular rehabilitation, enabling both physicians and nursing staff to devote their full attention to each patient. This program caters to individuals with heightened risk of cardiovascular and heart muscle disorders, those in recovery from myocardial infarction, and patients who have undergone invasive cardiac interventions. Recently, the program has also been expanded to include individuals recuperating from COVID-19. A nurse is required not only to provide education to patients regarding cardiovascular prevention but also to provide them with a Quality-of-life questionnaire both prior to and following the 15-day rehabilitation program. Furthermore, the nurse is responsible for preparing the rehabilitation setting, managing and activating the resuscitation equipment, and overseeing the temperature of the rooms. Prior to and following rehabilitation, the nurse is required to engage in the administration of a cardiopulmonary echocardiographic test with physical exertion. Their responsibilities include preparing the patient for the echocardiographic assessment by inputting data and positioning electrodes, conducting dual calibration of the ergospirometry, configuring a nasal O₂ mask, and affixing a cuff for blood pressure measurement, which is to be continuously monitored during the test.^{1,2} Prior to and following physical training on the ergometer bike, the nurse is required to provide the prescribed supportive therapy and verify the appropriate administration of the optimal medical treatment. After each physical training session, their task is to oversee the delivery of O₂ therapy within a low-frequency magnetic field while simultaneously monitoring the patient's arterial pressure and pulse rate. Based on the assessment of the attending physician, the nurse must take blood samples for analysis and participate in additional tests during rehabilitation (Holter ECG, 24-hour BP measurement, etc.). In summary, it can be asserted that the nurse's role in facilitating personalized outpatient rehabilitation is both extensive and indispensable.

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LITERATURE

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