

■ The role of the nurse in the process of early rehabilitation of patients with cardiovascular diseases

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Cardiovascular diseases are the leading cause of morbidity and mortality worldwide, and early rehabilitation is crucial for reducing the risk of recurrent cardiovascular events and improving the quality of life of patient¹. The aim of this paper is to present the role of nurses in the rehabilitation process of patients with cardiovascular diseases, with a particular focus on cardiac rehabilitation.

Rehabilitation programs are implemented through education, motivation, and continuous support. The paper provides an overview of the phases of cardiac rehabilitation, including the inpatient, subacute, and maintenance phases, while emphasizing the multidisciplinary approach in which nurses play a central role. It also examines the importance of physical activity, proper nutrition, adherence to therapy, and health literacy, alongside identifying barriers such as socioeconomic limitations, low motivation, and limited access to rehabilitation programs.

Findings from the available literature confirm that nurses significantly contribute to cardiac rehabilitation, reducing complications and improving long-term outcomes for patients. It is concluded that the integrated and continuous role of the nurse is crucial for the successful implementation of cardiac rehabilitation and for the lasting improvement in the quality of life of patients with cardiovascular diseases¹.

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LITERATURE

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