

26. THE MEDICAL REHABILITATION PROGRAM IMPROVES THE QUALITY OF LIFE OF PATIENTS WITH AMI



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Introduction. The incidence of acute myocardial infarction (AMI) is continuously increasing. In 2019, mortality from cardiovascular diseases reached 9 million people each year in Europe. Cardiovascular diseases are the main cause of death in the Republic of Moldova, representing 58.5% of total mortality. In 2019 more than 21,500 people died in the Republic of Moldova due to diseases of the circulatory system.

Aim of study. Analysis of the cardiovascular rehabilitation process in hospitalized patients with acute myocardial infarction using physical therapy.

Methods and materials. The study group of 60 AMI patients with an average age of 63.3 ± 13 years, hospitalized during the period of 2021-2022 in the Institute of Cardiology, using the method of the "6 minutes test", performed before the rehabilitation and repeated after 7 days of daily implementation of the rehabilitation program.

Results. According to the results, the average value of the distance walked by the patients before following the rehabilitation program was 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 69.63 beats/minute, and at the end were recorded - 78.86 beats/minute. Over 7 days of rehabilitation the average value of the distance was 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.

Conclusion. Performing physical exercises has a beneficial effect on the functional state of patients because, this program an increase in the average distance covered over 7 days of rehabilitation was highlighted.