

Novel Physiotherapies

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Effectiveness of home-based cardiac rehabilitation programme using an individualised exercise (physiotoools-r)

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Background: The Kingdom of Saudi Arabia (KSA) is facing a significant increase in the mortality rate from cardiovascular diseases (CVDs) and the prevalence rate of coronary heart disease (CHD) which is the commonest cause of death from CVDS in KSA. These epidemiological rates in the KSA are predicted to increase due to increased exposure to CVD risk factors. The National Institute for Clinical Excellence (NICE) and the American association of cardiovascular and pulmonary rehabilitation (AACVPR) reported that participation in Phase III cardiac rehabilitation (CR) programmes is associated with a reduction in both morbidity and mortality rate of CHD for patients following Percutaneous Coronary intervention (PCI) or coronary artery bypass surgery (CABG). Currently there is no phase III provision of CR for CHD patients in KSA.

Aim: To evaluate the effectiveness of home-based cardiac rehabilitation (Home CR) programme using an individualized exercise (Physiotoools-R) compared to phase III Hospital-based cardiac rehabilitation (Hospital CR) programme and standard care of Home instructions on exercise capacity, psychological, physiological, body composition and quality of life of CHD patients post CABG surgery.

Methods:

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post 8 weeks of intervention. However, these results changed post 4 weeks from the intervention. The present study findings are consistent with previous studies results (Moholdt et al 2012; Hung et al., 2012; Manhas et al 2013), undertaken in different continents and cultures to Saudi Arabia. The findings of this study should confirm that home structured exercise has similar effect as hospital Phase III CR in improving functional capacity, physiological, psychological status, body composition and quality of life of CHD participants post CABG procedure. Thus applying home CR programme for patients in remote area will reduce the re-hospitalisation rate and will contribute in improving the quality of life of those patients. In addition it may that it will increase compliance and be more cost effective for both the patient and hospital.

Biography

Muhammad Takroni is an Cardiopulmonary Rehab Specialist and Inpatient supervisor, Physiotherapy Dept of King Faisal specialty hospital and research center. His main interest are new innovation in the field of physiotherapy and rehabilitation.

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