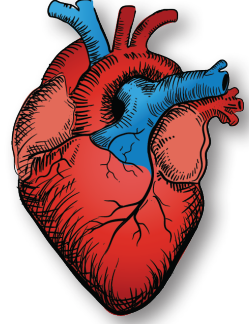


# BÖLÜM 18



## KARDİYAK REHABİLİTASYON

Nuran TOSUN<sup>1</sup>

### TANIM

Kardiyak rehabilitasyon; kardiyovasküler hastalığı olan bireylerin fiziksel, psikolojik ve sosyal sağlıklarının korunması ve iyileştirilmesine yönelik olarak hasta değerlendirmesi, kardiyovasküler risk faktörlerinin yönetimi ve kontrolü, fiziksel aktivite danışmanlığı, egzersiz eğitimi, diyet düzenlemesi, psikososyal yönetim ve mesleki destek gibi ana temel bileşenleri içeren, kişiye özgü geliştirilen, multi-sipliner ve kapsamlı bir programdır. Hedef kardiyovasküler hastalığın ilerlemesini yavaşlatmak veya tersine çevirmek, stabilize etmek, böylelikle kalp hastalığı riskini, başka bir kalp sorununu veya ölümü azaltmaktır.<sup>1,2,3,4,5</sup> Dünya Sağlık Örgütü kardiyak rehabilitasyonu; kalp hastalarına toplumdaki konumunu yeniden kazandırmak ve aktif bir yaşam sürmek için hastalığın altında yatan nedenleri olumlu yönde etkilemek ve hastaların kendi çabalarıyla yapabilmeleri mümkün olan en iyi fiziksel, zihinsel ve sosyal koşulları sağlamak için gereken faaliyetlerin toplamı olarak tanımlamıştır.<sup>6</sup> Dünya Sağlık Örgütü, kardiyak rehabilitasyonu bir hasta hakkı olarak değerlendirmekte ve rehabilitasyon programlarını her ülkenin sağlık güvencesi kapsamına almasını önermektedir.<sup>7,8</sup>

Kardiyak rehabilitasyon programlarının çok yönlü ve multidisipliner bir ekip tarafından sunulmasının önemi uluslararası rehberlerde belirtilmektedir. Kardiyak

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başarısını ortaya koyan çalışmalar mevcuttur. Bu çalışmalardan birisi, sekiz Avrupa ülkesinde yürütülen, koroner kalp hastaları ve kardiyovasküler hastalık gelişimi için yüksek risk altındaki hasta gruplarında hemşireler tarafından koordine edilen, multidisipliner, aile temelli koruyucu kardiyoloji programı (EUROACTION) çalışmasıdır. Çalışmanın bir yıllık sonuçları hastaların yaşam tarzında beslenme ve fiziksel aktivitede iyileşmeler olduğunu, kan basıncının daha etkili yönetildiğini ortaya koymuştur.<sup>62</sup> Miyokard infarktüsü sonrası, hemşire yönetimindeki kardiyak rehabilitasyon programı ile rutin kardiyoloji konsültasyonu alan hastaların karşılaştırıldığı bir çalışmada; hemşire yönetimindeki kardiyak rehabilitasyon programına katılan hastaların LDL-K ve kan basıncı kontrollerinin daha iyi olduğu ve hastaneye daha az başvurdukları gösterilmiştir.<sup>47</sup> Koroner kalp hastalarına, elektronik platform üzerinden uygulanan hemşire liderliğindeki rehabilitasyon programının sonuçları; hastaların günlük adım sayısında artma, oturma süresinde azalma, sağlıklı yaşam tarzı değişikliklerini uygulama, özyönetim ve yaşam kalitesinde anlamlı iyileşmeyi ortaya koymuştur. Daha da önemlisi, bu istenen etkilerin eğitimler bittikten 12 ay sonra halen devam etmesidir.<sup>55</sup>

Hemşireler kardiyak rehabilitasyon programları yoluyla küresel kardiyovasküler hastalık riskinin azaltılmasına katkıda bulunan önemli sağlık profesyonelleridir. Kardiyak rehabilitasyon hemşirelerinin eğitimi ve görevleri için uluslararası standartlar oluşturulmalıdır.

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