

## **ABSTRACT**

Title:

Education of motional and regime therapy at patients after acute coronary syndrome

**Abstract:**

The goal of this study is to introduce the reader to the problematics of acute coronary syndromes. The outcome of this work is an educational material, which will be helpful for patients and for medical professionals. It will help patients with following the needed regime therapy and physical therapy. This material also makes patient's education of these therapies much easier and lasting. This work focuses on risk factors of cardiovascular diseases and acute coronary syndromes, as well as the phases of rehabilitation program and the proces of education itself. It also includes two case studies which prove the effect and utility of the educational material as well as the need of education itself.

In order to succesfully educate a patient, we need for him to be motivated and well informed about his disease. These two are unfortunately the two aspects of rehabilitation, which are usually the weakest. With the right education, we can motivate the patient to inhereting the healthy lifestyle and to making it last.

**Key words:**

Acute coronary syndrome, risk factors, rehabilitation, motivation, education