

BACHELOR THESIS ABSTRACT

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Title of Bachelor Thesis:

Physical activity and treatment of patients with acute coronary syndrome

Abstract:

The subject matter of this bachelor thesis is the relationship between acute coronary syndrome (ACS) and physiotherapy. The theoretical part summarizes up to date facts about pathophysiology, etiology, diagnostics and ways of treatment of ACS. It includes a specific form of physiotherapy used not only during in-house hospital treatment but also as a follow up treatment after patient's discharge. The aim of the practical part was to emphasize the importance and implementation of the patients' physical activity and change of their lifestyle after discharge from hospital. Anamnesis, examination and individual therapy was recorded in each patient's case history file. Feedback was obtained in a form of a questionnaire sent to patients for completion, with their prior agreement, two weeks after their discharge from the hospital.

Key words: acute coronary syndrome, myocardial ischemia, cardiac rehabilitation, physiotherapy, healthy lifestyle