

ABSTRAKT BAKALÁŘSKÉ PRÁCE

Title:

Physiotherapy in Patients after Acute Myocardial Infarction and Aspects Influencing their Convalescence

Abstract:

This bachelor's thesis deals with physiotherapy and the application principles of secondary prevention in the hospital phase of rehabilitation in patients after acute myocardial infarction. The aim of this thesis is to describe the physiotherapeutical management in the hospital phase and the ways in which a physiotherapist can influence a lifestyle change of the patient. The design of this work is theoretical-practical. In the theoretical section, facts about the anatomy of the heart and myocardial infarction are summarised. The main chapters are devoted to the physiotherapeutical management in the hospital phase and to the aspects of secondary prevention which deal with risk factors of ischaemic heart disease. In the practical section, the course of the physiotherapeutical management is described in two case studies, as well as preventive intervention focusing on quitting smoking, change of dietary habits, increase in physical activity and the screening for depression and other psychosocial risk factors in two patients after acute myocardial infarction during their hospital stay in the General Teaching Hospital in Prague.

Key words:

acute myocardial infarction, cardiac rehabilitation, secondary prevention, nutritional intervention, physical activity, psychosocial stress, smoking