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BIOGRAPHY

Salvador has completed his degree in physiotherapy at the age of 22 from the Seville University, Spain. He is the director of department of cardiovascular & traumatology rehabilitation in a Primary Care Health Center of Seville. He has updated constantly his formation with a master of sport physiotherapy and a university expert of sport trainer.

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INITIAL EXPERIENCE WITH CARDIAC REHABILITATION PROGRAM IN A PRIMARY CARE HEALTH CENTER

The cardiac rehabilitation programs have demonstrated their effectiveness with a level of evidence I in patients with coronary disease in Phase II of their recovery. However, the access is limited by the scarcity of health resources. The possibility of its realization in primary care expands the number of patients who could benefit from them. We developed a protocol for referral and follow-up in low-risk patients agreed with the professionals of the health centre. For its implementation, these professionals previously received training at the Hospital. During the year 2016-18 the program was carried out by 30 patients carrying out a program of cardiac rehabilitation in primary care in low risk patients is a feasible and safe alternative, with results superimposable to those obtained with the programs carried out in the Hospital.



Note: