

The goals of cardiac rehabilitation.

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Description

Cardiac rehabilitation is also known as cardiac rehab, is a customized outpatient program of exercise and education. The program is designed to help us improve our health and recover from heart attacks. Cardiac rehabilitation often includes workout training, emotional support, and education about lifestyle modifications to reduce our heart disease threat, such as eating a heart-healthy diet, maintaining a healthy weight, and quitting smoking.

The goals of cardiac rehabilitation include establishing a plan to help us to regain strength, reduce our risk of death from coronary heart disease and decrease our chance of future coronary heart problems. Cardiac rehabilitation is an option for people with many kinds of coronary heart disease. In particular, you might benefit from cardiac rehabilitation in case your clinical records consists of coronary heart attack, coronary artery disease, coronary heart failure, peripheral artery disease, chest pain (angina), cardiomyopathy, certain congenital heart diseases, coronary artery bypass surgery, angioplasty and stents, coronary heart or lung transplant, coronary heart valve restore or replacement, and pulmonary hypertension.

Cardiac rehabilitation isn't always suitable for all of us who had coronary heart disease. The health care team will examine our fitness, such as reviewing our clinical records, undertaking a physical exam, and performing tests, to make sure we are ready to begin a cardiac rehabilitation program. Rarely, some people go through injuries, such as strained muscles or sprains, while exercising as a part of cardiac rehabilitation. The health care team will carefully screen us while we work out and will train us on how to keep away from injuries when we work out on our own.

During cardiac rehabilitation, the primary stages of most cardiac rehabilitation programs usually last about three months, however, some people will follow the program longer. In special situations, some people might be capable of doing an intensive program for several hours a day that could close one or weeks. During cardiac rehabilitation, we're going to likely work with a team of fitness care professionals, possibly

including cardiologists, nurse educators, nutrition specialists, exercise specialists, mental health specialists, and physical and occupational therapists.

Cardiac rehabilitation includes clinical evaluation, physical activity, lifestyle education, and support. If we get depressed, do not ignore it. Depression could make our cardiac rehab program tougher, and it could affect our relationships and other areas of our life and health. Counseling can assist us to analyze healthy methods to deal with depression and other feelings. Although it may be hard to start a cardiac rehabilitation program when we are not feeling well, we can benefit in the long run. Cardiac rehabilitation can guide us through fear and anxiety as we return to an active lifestyle with more motivation and energy. Cardiac rehabilitation can assist us to rebuild our life, both physically and emotionally. As we get stronger and discover ways to manage our condition, we'll probably return to a regular routine, along with our new diet and exercise habits.

After our cardiac rehabilitation program ends, we'll usually need to continue the diet, exercising, and other healthy lifestyle habits we learned for the rest of our life to maintain coronary heart-health benefits. Over the lengthy term, sticking to our cardiac rehabilitation can help us to enhance strength, adopt heart-healthy behaviors, such as regular exercise and a heart-healthy diet, reduce bad habits, manage your weight, find ways to manage stress, learn how to deal with coronary heart disease, learn how to deal with heart sickness, and reduce our risk of coronary artery disease and different coronary heart conditions. One of the most valuable benefits of cardiac rehabilitation is often an improvement in our overall quality of life.

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