

Cardiovascular Rehabilitation

Topics for exam:

1. Cardiovascular rehabilitation – definition, goals and objectives;
2. Main principles of cardiovascular rehabilitation;
3. Cardiovascular rehabilitation program;
4. Multidisciplinary approach to cardiovascular rehabilitation;
5. Responses and adaptations of cardiac patient to exercise;
6. Evaluation of cardiac patient;
7. Cardiac stress testing and exercise tolerance;
8. Indications for cardiovascular rehabilitation;
9. Contraindications for cardiovascular rehabilitation;
10. Coronary artery disease risk factors, risk stratification;
11. Functional capacity classification for risk stratification of exercise in cardiac disease;
12. Exercise prescription for the cardiac patient;
13. Type of exercises;
14. Scales for perceived exertion;
15. Outcomes of cardiac rehabilitation program;
16. Obesity, metabolic syndrome;
17. Hypertension, clinical assessment of the patient, rehabilitation methods, exercise recommendations for key different patient population with hypertension;
18. Rehabilitation of patients with cardiac valvular disease, physical exercises, age-related characteristics and approaches;
19. Myocardial infarction; rehabilitation of patients after myocardial infarction.
20. Phases of cardiac rehabilitation after myocardial infarction;
21. Rehabilitation of patients with heart failure;
22. Rehabilitation of patients with cardiomyopathies;
23. Rehabilitation of patients after cardiac surgery;
24. Prevention of cardiovascular diseases (primary, secondary);
25. Peripheral vascular disease;
26. Arterial occlusive diseases: clinical signs, methods of assessment, rehabilitation programs of different phases of the disease, therapeutic role of exercise;
27. Rehabilitation after amputation, stump care, prosthetics;
28. Venous insufficiency: Deep vein thrombosis, clinical signs, treatment and prevention, rehabilitation measures;
29. Chronic venous leg ulcers, rehabilitation measures;

30. Lymphatic system: lymphedema, clinical classification of lymphedema, physical interventions in lymphedema, compression therapy in lymphedema, recommended maintenance therapy variations in lymphoedema; manual lymph drainage; complex lymphedema therapy.