Effectiveness of the physiotherapist's role in cardiac rehabilitation as an adjunctive therapy in cardiac patients

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The main objective of Cardiac Rehabilitation (CR) is to accomplish the optimal cardiac functional status of patients, based on continuous monitoring of standardized exercise, which induces and enhances the patient’s confidence, thus maintaining their independence and improves their quality of life. A study published by Pichardo R. et al in our country in 2011 at the Congress, determined a high prevalence of cardiovascular risk factors including inadequate lifestyle changes such as a sedentary existence, making a direct effect on cardiometabolic diseases. Now there is a sufficient evidence to ascertain the effectiveness of cardiac rehabilitation in reducing the long-term mortality (20-30%) of the patients who assist to this type of adjuvant treatment. Since 1940s the focus of the CR has had productive changes. Nowadays, this type of program with physical exercises requires the presence of a physiotherapist as a part of care providing team, knowing that their expertise relies on a vast musculoskeletal knowledge supporting the optimal performance of cardiac routine exercises and at the same time avoiding possible injuries that could affect their physical performance in activities of daily living. The patients who referred to a cardiac rehabilitation program have shown dramatic positive outcomes like improvement in functional status, psychological status and cardiovascular risk factors improved by inducing a better quality of life and conversely decreasing mortality and morbidity.

Biography
Clarissa Giselle Martínez Gómez is the In-charge of the Physical Therapy Department at Rehabnet in Medicalnet- A highly regarded entity in optimal cardiac, metabolic and pulmonary rehabilitation of patients, in collaboration with a renowned medical team for their excellences and skills at their different specialties. She has completed her studies as a Physical Therapist (PT) at the Pontificia Universidad Católica Madre y Maestra (PUCMM) later on she strengthened her knowledge with a Post-graduate degree on Cardiac Rehabilitation endorsed by the American Society of Exercise Physiologist (ASEP) and a Master in Business Administration in the field of Management of Physiotherapy’s clinical areas. She has participated voluntarily, as an Advisor and Counselor, in numerous research projects related to physical therapy. She is an acclaimed Cardiac Rehabilitation Instructor, training over a thousand patients in less than 3 years throughout the national territory of the Dominican Republic.

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