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The benefits of early post cardiac surgery recovery program for Tahitian patients

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Aim: To explore the benefits of early post-operative Cardiac Rehabilitation (CR) for Tahitian patients.

Method: Audit of 50 Tahitian patients from Feb 2017-2018 who received early post-operative CR program at ADHB. 62% of the Tahitian patients had their nurse specialist and physiotherapist assessment within 1-3 days post hospital discharge and 50% of the patients were assessed in ≤ 10 days post cardiac surgery. This was non-Tahitian cardiac patients are seen two weeks post discharge and have to wait for at least 6-8 weeks for physiotherapy assessment.

Results: Complications noted during the physiotherapy/nursing assessments included: musculoskeletal complications (12%), wound complications (8%), cardiac and respiratory (10%), suboptimal diabetic control (2%) and multiple issues (>2 issues or true complications) (24%). 62% of the patients still completed the exercise program; however the remaining 38% had multiple reasons for non-completion: Early return to Tahiti (8%), multiple medical complications (12%), cardiac and respiratory complications (6%), musculoskeletal complications (6%), wound infection (4%) and suboptimal diabetic control (2%). No complications were seen in 42%.

Conclusion: Assessment and rehabilitation within one to two weeks after discharge from cardiac surgery is beneficial for patients as it allows the multidisciplinary team to diagnose and address complications. However, this is a special cohort and there is no other cardiac rehabilitation program in NZ with which to compare our data.

Biography

Kritika is a senior cardio-respiratory physiotherapist at ADHB in NZ. She has a keen interest in cardiac has presented two posters at the annual Cardiac society of Australia and NZ conference, where she won the best poster prize for allied health in 2018. Academically, Kritika completed her Bachelors of Health Sciences (Physiotherapy) in 2012 and Post Graduate Diploma in Rehabilitation from AUT University in 2017. She is completing her Masters thesis at present with the aim of progressing towards a doctorate in the near future. In her spare time, she enjoys running, baking and spending time with friends and family.

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