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| ID | 1923 |
| Curricular Unit | Cardiac Rehabilitation |
| Regent | Maria Helena Santa Clara Pombo Rodrigues |
| Learning Outcomes | Comprehension of the cardiac rehabilitation continuum of care. To be able to select the correct rehabilitation setting. Monitoring acute hemodynamic adaptations to exercise training in cardiac patients. To be able to prescribe the correct dose of exercise according the need and cardiac risk of the patient. Provide advice, support, and counseling about physical activity needs on initial evaluation and in follow-up. Provide educational materials as part of counseling. |
| Syllabus | (1) Contemporary cardiac rehabilitation/secondary prevention. Core components of cardiac rehabilitation/secondary prevention programs. (2) Interpretation of the assessment of the clinical risk factor for exercise and from the cardiovascular and physical fitness assessments of cardiac patients (3) Cardiac rehabilitation in the inpatient and transitional settings. The outpatient cardiac rehabilitation programs. Education and behavior modification for risk factors management. The quality of life of the cardiac patients (4) Profile of physical activity of cardiac patients (5) Physiological acute and chronic adaptation to exercise in cardiac patients. Guidelines for exercise prescription according the clinical and risk factor profile of the patients. (6) Special considerations of cardiac rehabilitation: the older patients, women and high risk patients. |
| Evaluation | Expositive method with slides for the theoretical class. For the TP the students will work in small groups and it will be use teaching strategies as problems resolution, task-situation and study-cases. In the end of each TP the professor and students will discuss the worksheet resolution. Students may opt either for final or continuous assessment. Continuous assessment – two written tests during the course. 1/3 class attendance. Final exam – written and oral examination at the end of the course |
| Bibliography | AACVPR Cardiac Rehabilitation. Resource Manual 2006. Human Kinetics Guidelines for cardiac rehabilitation and Secondary Prevention Programs AACVPR 2004. Human Kinetics American College of Sports Medicine (2010). ACSM's guidelines for exercise testing and prescription (8th edition). Philadelphia: Lippincott Williams & Wilkins |