

The occupational therapy impact on the recovery of convalescent elderly people after an acute myocardial infarction

Anca Jianu, Sabina Macovei

National University of Physical Education and Sports, Bucharest

Abstract

Background. This study starts from the premise that the early introduction of an occupational program into the therapy of elderly patients in the second phase of recovery after an acute coronary infarction improves their functional parameters. It also assumes that the occupational therapy increases the patients' functional independence.

Aims. To prove that the early introduction of an occupational program into the therapy of elderly patients in the second phase of recovery after an acute myocardial infarction improves the heart labor, increases the maximal cardiac output and, finally, increases the maximal effort capacity.

Methods. This study, based on the laboratory and natural experiment and on the observation method, was conducted on a sample of 14 patients aged 66 to 74 years old, hospitalized for a week in the Fundeni Hospital Cardiology Clinic of Bucharest, after an acute coronary infarction.

Results. Our investigation final results related to the maximum oxygen consumption emphasized a mean value of 18.95 ml/min/kg in males and 18.82 ml/min/kg in females. After 9 weeks of occupational therapy, the heart rate at rest registered a decrease in both of the genders and the simplistic scale for the quality of life assessment indicated an improvement of the mean values, as compared to those registered on patient discharge from hospital.

Conclusions. The comparison of the functional parameter values obtained after 3, 6 and 9 weeks of post-infarction occupational therapy highlights not only its real importance, but also its possibilities and limitations in recovering coronary elderly patients.

Keywords: myocardial infarction, occupational therapy, recovery, elderly patients.