

CARDIAC REHABILITATION

Target group: Physiotherapists

On completion of the course you will be able to:

- Assess and treat a patient with heart failure
- Assess and treat a patient in the acute phase after a heart attack
- Assess and treat a patient in the mobilisation phase after a heart attack

Content:

Theory

- Anatomy and physiology of the heart
- Training principles
- Patient education
- Nutrition

Practice

- Physiotherapy method
- Diagnostic process
- History
- Assessment
- Analysis
- Treatment plan
- Therapeutic process
- Information / advising
- Patient movement program
- Relaxing techniques
- Nutrition
- Multi-disciplinary approach
- Patient education
- Self management
- Reporting

Schedule:

Total duration	1 week
Number of participants	24 (maximum)

Literature: KNGF guidelines Cardiac rehabilitation