

Cardiac Rehabilitation

Target group: Physiotherapist

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 mobilization 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