**Evaluate of effectiveness outpatient cardiac rehabilitation in patients after the first myocardial infarction with ST segment raise.**

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 Doctoral Dissertation – abstract

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 Official Doctoral Dissertation Date – 18th of March 2014

 Approved by the Scientific Council of Military Medical Faculty – - 1st of April 2014

**Introduction**

A heart attack besides the sudden cardiac death is one of the most serious clinical demonstrations of the ischaemic heart diseases. Carefully selected outpatient cardiac rehabilitation program has a positive impact on improving the mental and physical fitness and lipid profile of patients after myocardial infarction.

**Aim**

The aim of this study was to assess the health record of patients after the first myocardial infarction with ST segment raise, who had undergone outpatient rehabilitation carried out on cycloergometer and to determine the effects.

**Material and Methods**

The study included 108 patients (93 men and 15 women). An average age of patients was 53. Examined patients were divided into 2 groups: rehabilitated (55 people) and undergoing checkup (53 people). The program of the cardiological rehabilitation included 24 forty-minute training sessions, for 2-3 times during the week. Rehabilitation lasted about three months.

**Results**

The outpatient cardiac rehabilitation has a positive impact on improving the patients’ fitness after myocardial infarction.

**Conclusions**

The effect of cardiac rehabilitation for patients is dependent on the procedure being carried out and the characteristics of the test group of patients.