4th Baltic and North Sea Conference on Physical and Rehabilitation Medicine

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TABLE OF CONTENTS

Immunology and Rehabilitation 767
Communication in rehabilitation teams 767
Avoiding monoprofessional thinking in teamwork 767
Rehabilitation across borders – round table discussion 768
Communication and assistive devices 768
Acceptance & Commitment Therapy (ACT) as a fist line intervention for lifestyle changes to treat and prevent chronic changes 768
Habilitation – transition from childhood to adulthood 769
Robotics and rehabilitation 770
Journal of Rehabilitation Medicine Symposium: Stroke rehabilitation 771
Qualitative research in rehabilitation medicine 771
Dysphagia management 773
Free oral presentations 774
Poster presentations 784
Author index 800
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steps climbed. The study involved 20 patients with 64±9.9 years, 80% men, with a length of stay of 18.6 days on cardiology ward, between September 2013 and April 2014, with an average of 4.4 program sessions. Data obtained in LCADL (29.9±8.9 vs 20.9±6.8), exercise parameters and Borg score after the exercise showed a positive variation, meaning that patients improved their functional capacity along the program, despite being in acute phase of heart failure. Descriptive and inferential statistics analysis of the data allowed us to conclude that patients with previous practice of exercise, lower basal heart rate, higher oxygen saturation, lower number of associated cardiovascular risk factors presented a better response to the exercise and with a better evolution throughout the program.

PP39
FUNCTIONAL TRAINING – EFFECTS ON BLOOD PARAMETERS IN HEMODIALYZED PATIENTS

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Chronic kidney disease (CKD) is characterized by a progressive and irreversible decline in kidney function and that affects all other organs and systems. Patients with CKD on hemodialysis have reduced functional capacity and sedentary behavior, which results in increased morbidity and mortality. Over the past few years programs have been developed and implemented to maximize functionality with demonstrated beneficial effects in this specific population. Changes in the blood profile, resulting from these intervention programs, are not yet sufficiently studied. The objective of this study is to analyze the changes in the blood profile of the hemodialyzed patients after the implementation of a training program to maximize functionality. To achieve this objective a causal comparative research at a hemodialysis clinic was started. 24 individuals (intervention group) were included in a program of aerobic training (exercise bike and treadmill) before hemodialysis and 27 maintained their usual routine (control group). Anthropometric measurements (weight, height, body mass index) and functional capacity (sit-to-stand test, up and go test and handgrip strength test) were taken before and after the exercise program; the and functional capacity (sit-to-stand test, up and go test and handgrip pressure and cardiac debit.

PP41
MULTIDISCIPLINARY APPROACH TO REHABILITATION OF CARDIAC PATIENTS

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Background: In recent years high-tech methods of treating patients with cardiovascular diseases are being developed in cardiology. At the same time rehabilitation has become even more important. Methods: Specialists of Ivanovo State Medical Academy (ISMA), in collaboration with the State Research Centre for Preventive Medicine, have developed a program for the second stage of complex rehabilitation of patients with cardiovascular diseases. The program is designed for patients with acute coronary syndrome and/or percutaneous coronary intervention, its duration being 21 days. The basis of physical rehabilitation is composed of a complex of therapeutic exercises, training on cardiac simulators of «KardioMed-700» series (Germany), dosed walking and climbing stairs. Depending on the functional class of stenocardia, trainings were conducted in two modes (moderate and semi-moderate). While implementing the cardiorehabilitation program a multidisciplinary approach was used. Previously such an approach was successfully applied in neurorehabilitation of patients with an ischemic stroke. A multidisciplinary team examined all patients on admission, on the 7th, the 14th and the 21st day in the following order: a cardiologist, a therapeutic physical trainer, a psychologist, a psychotherapist, a physiotherapist, a nutritionist. For each patient an individual rehabilitation program was developed as a result of the joint work of specialists of a multidisciplinary team. Testing and analysis of the