

Abstract:

The bachelor thesis deals with the issue of physiotherapy in patients after acute coronary syndrome. The main aim of the bachelor thesis is to highlight the importance of physiotherapy in early hospital care not only as a prevention of complications of hospitalization and prevention of deconditioning, but also as psychological support for the patient. That is, to educate the patient about regimen measures important for preventing disease relapse and limits of physical exertion, to motivate lifestyle changes and to reduce influential risk factors so that ACS is not a disabling problem for patients. To this end, educational material designed not only for patients after ACS, but also for the general and professional public will be used. This thesis is divided into theoretical and practical parts.

The theoretical part summarizes the knowledge about the etiopathogenesis of ACS, including the most common cause of atherosclerosis. It also describes the diagnosis of the disease and the course of treatment including surgery, pharmacological treatment and the principles of cardiovascular rehabilitation. In the practical part, 2 case reports of patients are presented, based on a thorough methodology including the course of cardiovascular rehabilitation. The physiotherapeutic intervention includes a special physiotherapeutic examination, determination of a short- and long-term plan and design of an exercise unit for each day of hospitalization according to the clinical condition of the patient and delivery of educational material to the patient. To verify the effect of the physiotherapy intervention, an exit interview is used to map the patient's knowledge of secondary prevention after ACS. The paper also includes a discussion and recommendations for practice.