Cardiac rehabilitation and Prevention of myocardial weaknesses after myocardial infarction

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Abstract

**Background:** Myocardial infarction is the most common disease in the world and the most common cause of death. The investigations estimate that annually 529000 of myocardial infarction occur in united state and it can be increased due to the some serious diseases like diabetes and so on. But the most important thing is the matter that 250000 person die before hospitalization and the other can be alive if they receive emergency care and rehabilitation.

**Material and Method:** this is a review article. The information (from 2002 to 2012) is based on searching in library internet.

**Result:** Acute coronary syndrome refers to the clinical manifestations that are compatible with AMI. An AMI is also known as a heart attack or coronary occlusion, which is a life-threatening condition characterized by the formation of localized necrotic areas within the myocardium. Because of its complications, cardiac rehabilitation following AMI is an essential component of professional and personal management. They should educate about improving the strengthen of myocardium, their dietary pattern, physical exercises, the starting time of exercise, …

Cardiac rehabilitation is a comprehensive, long term program that involves periodic medical evaluation, prescribed exercises, and education and counseling about cardiac risk factor modification.

Cardiac rehabilitation is a multi factorial program that begins when the client is still hospitalized and it can be continued throughout the recovery. So Care giver should participate to rehabilitation with the Client and help them to improve their life style with education about it.

**Keywords:** Cardiac rehabilitation, Myocardial infarction, Nursing education