

Peningkatan Kapasitas Fungsional Setelah Program Latihan Fisik di Pusat Latihan dan di Rumah pada Pasien Pasca Infark Miokard Akut

Trisna Desmiati, author

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Abstrak

Latihan merupakan komponen penting dari program rehabilitasi pasien pasca infark miokard akut. Pada penelitian ini 29 penderita ta pasca infark miokard akut tanpa komplikasi, umur antara 33-65 tahun, dikonsulkan ke UPF Rehabilitasi Medik RSJ Harapan Kita. Penderita dibagi atas 2 kelompok. Kelompok I (15 orang) mengikuti latihan di UPF Rehabilitasi Medik RSJHK, kelompok II (14 orang) latihan sendiri di rumah. Kapasitas fungsional awal dengan pemeriksaan treadmill test tidak berbeda bermakna antara ke dua kelompok (5,830 SD 1,235 dan 6,208 SD 1,979). Setelah 2 bulan kapasi tas fungsional berbeda bermakna antara 2 kelompok (9,078 SD 1,086 dan 7,586 SD 1,519). Peningkatan kapasitas fungsional kelompok I lebih besar dibandingkan kelompok II (55,7% dan 22,05%). Kesimpulan latihan rumah boleh dipilih sebagai alternatifflain bila latihan di pusat latihan tidak memungkinkan pada pasien pasca infark miokard tanpa komplikasi, tapi latihan di pusat latihan lebih baik.

.....Exercise training is an important component of rehabilitative care for the patients who had an acute myocardial infarction. In this study, 29 uncomplicated acute myocardial infarction 33 years - 65 years old were admitted to UPF Medical Rehabilitation Harapan Kita Hospital. They were divided into two groups, 15 of the group I who performed hospital exercise and 14 of the group II who performed home exercise. They were no significant different of the initial functional capacity test by treadmill between the two group (5,830 SD 1,235 vs 6,208 SD 1,979). The functional capacity were found significant different between the two group after two months exercise (9,078 SD 1,086 vs 7,586 SD 1,519). The functional capacity increased significantly greater in group I during 2 month evaluation (55,7% vs 22,05%). Conclusion home exercise can be used as an alternative program in cardiac rehabilitation but hospital exercise is better.