

BOOK REVIEW

RESENHA DE LIVRO

A REABILITAÇÃO CARDÍACA DE UM PONTO DE VISTA DA INTERVENÇÃO MULTIDISCIPLINAR: ASPECTOS RELEVANTES

Fernando José de Sá Pereira Guimarães

Adjunct Professor at Universidade de Pernambuco, Professor at Faculdade de Medicina de Olinda, Professor of the Postgraduate Program in Rehabilitation and Functional Performance Strictu Sensu

Received in: 01/11/2022; Approved in: 01/12/2022

Cardiac rehabilitation from a multidisciplinary intervention point of view: relevant aspects

Developing and Managing Cardiac Rehabilitation Programs is a book written and edited by PhD Linda Hall, director of the Cardiac and Pulmonary Rehabilitation General Hospital in Allegheny, Pittsburg. The book was published by the Human Kinetics Publishers, Champaign, IL (ISBN O-87322-358-6) in 1993 and had 248 pages. Despite the year of publication, it is a classic book about cardiac rehabilitation programs based on the American Association of Cardiovascular and Pulmonary Rehabilitation guidelines, considering technical operationalization, administrative, and marketing aspects. The book presents a new perspective on the multidisciplinary vision for professionals working in this area, making it suitable as a complementary postgraduate text.

The book is divided into 15 chapters and written by ten researchers who aim to explore the pathophysiology of heart disease and promote a discussion between their form of investigation and clinical intervention with the patient. It is a practical and comprehensive guide for cardiac rehabilitation based on the medical practice in a multidisciplinary vision.

In the initial chapters, the reader is led through a systematic reading of the process of taking the patient to a cardiac rehabilitation program; those for patients with diseases other than ischemic heart disease are discussed in a separate chapter. Several tables and lists improve the perception of the reader and familiarize them with dyspnea scales and ratings of perceived exertion, promoting a practical approach to intervention based on clinical and scientific knowledge. Some chapters provide a good overview

of the pathology; however, some information is repeated in subsequent chapters, which could have been avoided. Nevertheless, other chapters are crucial and well written, such as the risk stratification of patients with unstable angina and proper investigations, including Holter monitoring and catheterization. Medication management, including the use of antithrombotics, thrombolytics, and antianginal agents, is also appropriately discussed.

Developing and Managing Cardiac Rehabilitation Programs provides a good, readable overview of the topic and should be useful and interesting for any physician involved in the care of patients with cardiac diseases.

