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Titolo	Cardiac rehabilitation : a guide to practice in the 21st century // edited by Nanette K. Wenger. [and others]
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Collana	Fundamental and clinical cardiology ; ; . 38
Altri autori (Persone)	WengerNanette Kass
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Series Introduction; Preface; Contents; Contributors; Overview: Charting the Course for Cardiac Rehabilitation into the 21st Century; Benefits of Exercise Training; The National Institutes of Health Consensus Conference Statement on Physical Activity and Cardiovascular Health; Rehabilitation Considerations in Exercise Testing; Exercise Prescription; Assessment for Exercise Training: Contraindications, Risk Stratification, and Safety Issues; Components of Exercise Training; Life-Long Exercise: Counseling for Exercise Maintenance Supervised Versus Unsupervised Exercise Training: Risks and Benefits Exercise Training in Special Populations: The Elderly; Exercise Training in Special Populations: Women; Exercise Training in Special Populations: Heart Failure and Post-Transplantation Patients; Exercise Training in Special Populations: Diabetes; Exercise Training in Special Populations: Obesity; Exercise Training in Special Populations: Valvular Heart Disease; Exercise Training in Special Populations: Pacemak
Sommario/riassunto	This work provides a scientific foundation for designing cardiac rehabilitation programmes to improve the functional abilities and

decrease the symptoms of patients with cardiovascular disease. It emphasizes multidisciplinary care and the individualization of cardiac rehabilitation services.
