

P-1195 - IMPACT OF DIFFERENT CARDIAC REHABILITATION (CR) PROGRAMS ON QUALITY OF LIFE AND DEPRESSION IN WOMEN WITH ISCHEMIC HEART DISEASE (IHD)

J.Wojcieszczyk, J.Szczepanska

-Gieracha, R.Wojtynska, D.Kalka, R.Bugaj, T.Grzebieniak, W.Kucharski, M.Wozniowski

¹Department of Physiotherapy, Academy of Physical Education in Wroclaw, ²Department of Psychiatry, ³Department of Pathophysiology, ⁴Clinic of Cardiology, ⁵Department of Angiology, Hypertension and Diabetology, Wroclaw Medical University, Wroclaw, Poland

Introduction: Women with IHD demonstrate lower quality of life and higher tendency to IHD related depression. Current CR programs are not as well suited to women's as men's needs. Men expect practical while women social and emotional assistance.

Objectives: Use of Tai Chi exercises in outpatient CR of women with IHD increases its effectiveness leading to essential improvement of mental state.

Aims: Valuation of effectiveness of different CR programs in quality of life (QoL) and depression level (DL) in women with IHD.

Methods: Randomized, clinical trial included 68 women between 50 to 71 (average 62,07±6,00) with IHD confirmed by angiography and/or at least 1-2 months after myocardial infarction in stable disease, 24 MMSE points, EF>45%, no pharmacologically treated mental disorders. Patients participated in 12 weeks' CR program, in three groups: C - classical CR, P - classical CR and cognitive behavior psychotherapy, T - Tai Chi training.

Stages: I - 1-4 week - trainings 3 times/week, II - 5-12 week - therapy in previous form, 2 times/week and 1 time/week cycloergometer.

Evaluation of QoL and DL before the intervention, after 4th and 12th week, using Beck Depression Inventory and SF36 test examining physical (PCS) and mental (MCS) component summary of QoL.

Results: In all valuations no statistical differences between the groups in DL and QoL. Only in T group confirmed improvement in both tests. MCS improved after 1st and PCS after 2nd CR stage.

Conclusions: Supplementation of cardiac rehabilitation programs with Tai Chi elements has positive impact on QoL and depression level in women with IHD.