

CLINICAL BENEFITS OF CARDIAC REHABILITATION IN PATIENTS WITH CORONARY ARTERY DISEASE: NARRATIVE LITERATURE REVIEW

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Introduction: The practice of physical activities by patients who suffered significant cardiac ischemic effects was for a long time discouraged, as there was a fear that the stress and overload of the cardiac muscle caused by physical activity could facilitate a recurrence of the condition, increasing the patient's mortality. However, extensive studies over the last few years have led to a re-reading of this view and several benefits of aerobic and anaerobic activity can lead to a decrease in the morbidity and mortality of these patients.

Objective: The present study aims to better understand these benefits and possible risks through the following guiding question: What is the scientific knowledge produced in recent years regarding the benefits and risks of cardiovascular rehabilitation in patients with coronary heart disease. **Method:** This is a narrative literature review regarding the clinical benefits of cardiac rehabilitation in patients with coronary artery disease, using the Scielo and Pubmed databases published in the last 5 years. Articles in Portuguese and English were selected. **Results:** 5 articles had their results extracted and judged for relevance and veracity. In this sense, all the evaluated studies presented results showing an improvement in all parameters, such as: a decrease of 18% to 26% in hospitalizations, an improvement of up to 27% in peak VO₂, a decrease of up to 25% in mortality and a reduction of up to 20% in cardiac events.

Discussion: The studies presented have different methodologies and may differ slightly in results due to their different sampling, however, they all converge to show that physical exercise is beneficial at different points for patients with coronary artery disease. **Conclusion:** It is concluded that, based on the collection of data from the searched articles, the practice of aerobic and anaerobic activity for patients who suffered coronary ischemic effects, leads to a

considerable improvement in quality of life if indicated and performed in the correct way (dose and evaluation of risk), in addition to offering a decrease in the risk of recurrence if respecting the limits of the patient's condition.

Keywords: Cardiac rehabilitation, coronary diseases, physical activity.