

#613 Summary

SUMMARY REVIEW EDITING

Submission

Authors	Sidik Awaludin, Elly Nurachmah, Dwi Novitasari
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Title and Abstract

Title	Exercise Therapy For Patient Undergoing Cardiac Surgery
Abstract	

Cardiac surgery is very important for the patient, but the situation is very stressful and causes other problems. Exercise therapy is a physical activity plan that is designed and provided to help patients recover from any diseases and conditions that interfere with daily activities or to maintain the welfare of these patients through health education, therapeutic activities, range of motion and gait training. The results of a systematic search were carried out through four data sources on articles that had been published from January 1, 2009 to December 1, 2019. The reporting items used selected reporting items for systematic review. Assessment of study quality used instruments from the Downs and Black checklist. Seven studies were obtained that were eligible for analysis. The form of exercise therapy carried out in the article varies greatly include walking, brisk walking, jogging, cycling, tai chi, calisthenic, thoracic exercises, and respiratory physiotherapy protocol very supportive in the healing process of cardiac surgery patients.

Keywords: cardiac; exercise therapy; surgery

ABSTRAK

Bedah jantung sangat penting bagi pasien, tetapi situasinya sangat menegangkan dan menyebabkan permasalahan lain. Exercise therapy adalah rencana aktivitas fisik yang dirancang dan disediakan untuk membantu pasien pulih dari segala penyakit dan kondisi yang mengganggu aktivitas sehari-hari atau untuk menjaga kesejahteraan pasien tersebut melalui pendidikan kesehatan, aktivitas terapeutik, latihan rentang gerak dan gaya berjalan. Pencarian sistematis dari empat sumber data mengidentifikasi artikel yang telah diterbitkan dari 1 Januari 2009 hingga 1 Desember 2019. Item pelaporan menggunakan item pelaporan pilihan untuk tinjauan sistematis. Kualitas studi dinilai menggunakan instrumen dari Downs dan Black. Namun, hanya tujuh studi yang memenuhi syarat untuk dianalisis. Bentuk terapi latihan yang dilakukan dalam prosedur bedah jantung tersebut sangat bervariasi antara lain jalan kaki, jalan cepat, jogging, bersepeda, tai chi, senam, latihan toraks, dan protokol fisioterapi pernafasan sangat mendukung dalam proses penyembuhan pasien bedah jantung.

Keywords: exercise therapy; jantung; pembedahan

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Keywords: exercise therapy; jantung; pembedahan

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Agencies —

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#613 Review

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Title Exercise Therapy For Patient Undergoing Cardiac Surgery
Section Articles
Editor Agus Purnama 

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