Update in the Rehabilitation of Heart Failure

KEI-PUI LEUNG

From Department of Medicine & Rehabilitation, Tung Wah Eastern Hospital, Hong Kong

Heart failure is the final path of various heart diseases. The cardinal symptoms are exercise intolerance, breathlessness and fatigue. Preventive measures that stop heart failure development along its track are most important. Rehabilitation in heart failure patients includes the following components: i) maintain a normal salt and fluid status and remove the multiple adverse effects of organ congestion, ii) maximize anti-heart failure medications to slow down or to reverse the cardiac remodeling process, iii) empower patients with knowledge and skills for self management, and iv) improve functional capacity and quality of life through exercise training. Exercise training can improve the morphological and biochemical changes in skeletal muscles related to chronic heart failure. Other beneficial effects include autonomic adaptation, decrease in inflammatory markers, and possibly, central adaptation.

Address for reprints: Dr. Kei-Pui Leung
Department of Medicine & Rehabilitation, Tung Wah Eastern Hospital, 19 Eastern Hospital Road, Causeway Bay, Hong Kong

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