

GW23-e2699

ACUTE MYOCARDIAL INFARCTION; EARLY REHABILITATION; CURATIVE EFFECT

doi:10.1136/heartjnl-2012-302920e.6

Zhangtianlin Zhangtianlin. *Taikangxianyiyuan*

Objectives To evaluate the early rehabilitation effects on acute myocardial infarction (AMI) through study of randomised comparison.

Methods 120 patients with AMI were categorised into 2 groups randomly, Contrast group and experiment group. The patients in experiment group increasing the amount of exercise regularly for 3 weeks; The patients in contrast group practice traditional nursing plan weekly. when experiment finished, left ventricular function, ventricular arrhythmia, exercise tolerance, incidence of thrombosis and embolism, hospitalisation were observed.

Results The maximum metabolism equivalent of exercise of experiment group higher than that of contrast group ($p < 0.01$); incidence of ventricular arrhythmia above low III less than that of contrast group ($p < 0.01$); left ventricular ejection fraction improved.

Conclusions Early rehabilitation improves the prognosis in patients with AMI markedly and shorten hospitalisation.