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PILOT INVESTIGATION OF THE METHOD OF INTERACTIVE TRAINING OF PATIENTS AT THE STAGE OF MEDICAL REHABILITATION AND TREATMENT

Abstract. *Ignoring psychosocial factors during treatment and rehabilitation of a patient with coronary heart disease often negates success in treatment and leads to the progression and occurrence of complications of the disease, repeated hospitalizations. At the stage of rehabilitation the patient needs active cooperation of a doctor and a psychologist, this can be done by applying a program of psychological rehabilitation through optimization of the internal picture of health, which will allow to evaluate the effectiveness of rehabilitation measures, and, if necessary, to make corrections to the system of knowledge obtained according to the individual characteristics of the patient.*

Key words: *ischemic heart disease, acute coronary syndrome, rehabilitation, internal picture of health.*

Introduction. Cardiovascular diseases rank first in the world statistics of diseases and, unfortunately, tend to increase the number of patients. Usually they occur in people of working age, cause long-term disability, lead to invalidization and cause death. According to statistical data of various countries, mortality from coronary heart disease is 15-20% of the adult population. In Ukraine, about 50 000 cases of acute myocardial infarction of the ACS with ST segment elevation (32%) and about 60% of ACS without ST segment elevations have been recorded in recent years.

An analysis of world practice shows that in recent years much attention has been paid to the progressive treatment of acute myocardial infarction, and rehabilitation of patients is important for the prevention of repeated events, the restoration of the maximum full life of the patient.

Emotional factors of "triggering" ACS are undeniable, it is emotions that are close companions of the manifestation of cardiovascular diseases, the effectiveness of treatment often depends on the emotional mood of the patient. Psychological factors are important in the etiology, pathogenesis, treatment and rehabilitation of patients after acute coronary syndrome [5].

Psychological assistance to patients in medical

institutions of Ukraine is at the stage of formation, the psychologist in the cardiology department is a rarity. At the same time, it can't be assumed that a doctor has the right to provide psychological support to a patient at any stage of treatment, the division of responsibilities between a doctor and a psychologist will improve the quality of services provided [3].

The attitude of a person to health as an internal picture of health (IPH) is one of the central, but still insufficiently developed questions of modern psychology of health. Analysis of modern psychological research has made it possible to suggest that it is quite probable to change the quality of life of the patient through a change in his attitude to himself in general, and to his health in particular [1, 2].

Objective of the study. A pilot investigation of the method of rehabilitation and rehabilitative treatment of patients after acute coronary syndrome through interactive training by optimizing the internal picture of health.

Material and methods. The objectives of the training are comprehensive support and support of patients in the medical and psychological directions, increasing the awareness of patients about cardiovascular diseases and the psychological component of diseases, improving rehabilitation and treatment of patients, by motivating them to actively participate in

rehabilitation programs and measures for secondary prevention, adherence of a patient to treatment, formation of skills and abilities of influence on behavioral risk factors, promoting health, healthy lifestyles, working with families and relatives of patients.

To improve the rehabilitation of patients with coronary heart disease, we created an author's program of psychological rehabilitation of cardiac patients by optimizing the internal picture of health.

Results of the study and their discussion. The program is based on a holistic vision of human life and an optimistic perception of its nature. The organization of psychological rehabilitation of a cardiac patient is carried out according to the 5-step strategy of counseling.

The procedure for the participation of patients in the rehabilitation program through the optimization of the internal picture of health is as follows: all patients of the rehabilitation department are recommended to choose participation in the program of psychological rehabilitation. The program is not imposed, but only recommended by a psychologist, and therefore the choice is based on personal awareness and the needs of the patient. This procedure ensures voluntary and personal interest in the work.

Cooperation with the patient takes place in the following steps: an introductory conversation, finding out the motivation for participating in the program; work in the chosen program of optimization of the internal picture of health (5 sessions of 60 minutes each) and individual psychological counseling (60 minutes) at the request of individual subjects; post-diagnostic stage. The main work with the participants of each of the programs is carried out in the form of counseling.

The doctor and the psychologist expand and deepen the knowledge of the group's participants in the form of mini-lectures, conversations, discussions, correctional exercises. As a result of the mechanisms of imitation, identification, catharsis, in group work, participants have the opportunity to learn not only on their own experience, but also on the experience of other patients. However, the shortcomings of group work are leveled by the possibility to attend

additional individual consultations.

Classes are built taking into account the components of the internal picture of health, each component is considered in a separate lesson. Classes are cyclical, groups are open, every patient can join the group in the process of its activity without losing the logic of learning.

In the first lesson, the sensitive component of the internal picture of the cardiac patient's health is worked out, the actual and resource state of the patient is determined. The desire to reach a resource state is a motivation for recovery and the search for adequate rehabilitation methods.

The doctor is the bearer of real information about the potential resource condition of the patient, and the psychologist is responsible for delivering and understanding this information by the patients. The doctor tells about cardiovascular diseases, complaints and feelings which are not to be neglected by the patients with heart disease, detailed information about the risk factors for the onset and progression of the disease.

The emotional component of the internal picture of health is considered in the second lesson; on the one hand, it can be a cause of somatic disease, and on the other, may become the basis of psychological rehabilitation of the patient. Changing the attitude of the patient to the situation of the disease, to the symptom, makes it possible to activate the reserve capabilities of the organism, promote rehabilitation and recovery. An integral part of the emotional component of the inner picture of health is the emotional connection with the family, relatives.

The doctor and the psychologist act as a link between the patient and his relatives, helping them understand the specificity of the disease. The emotional component of the internal picture of health is also responsible for adherence to treatment, which is manifested in the trust in the treatment system, the doctor. Correction of the emotional state of the patient is possible with the participation, first of all, of the psychologist, and only then of the attending physician. The competent intervention of the psychologist enables the attending physician to reduce the patient's adaptation time to the disease, and also to monitor adherence to treatment throughout the treatment and rehabilitation process. The

doctor explains the essence of treatment, medical manipulations and means, the importance of compliance and implementation of recommendations.

The third lesson is the work on the cognitive component of the internal picture of the cardiac patient's health. This is the recognition of the complexity of the disease, the role of psychological factors in the development of the disease, and the acceptance of the facts of the development of the disease, in particular, the prospects for recovery or the possibility of chronic disease as inevitable. Correction of the cognitive component of the internal picture of health can become the basis for choosing the optimal strategy for restoring health and rehabilitation.

The doctor provides information about the disease, in particular IHD, ACS, and the psychologist controls the acceptance and awareness of the information received, its integration into the internal picture of health.

The value-motivational component of the inner picture of health is revealed in the fourth lesson and is its core. Beliefs and internal values are strong incentives for a constructive strategy of behavior aimed at recovery, although they can provoke actions aimed at reducing the level of health. In this lesson, the conviction is formed that health is the highest value for the person himself and for his family. The strategy of a healthy lifestyle, optimizing the state of health, recovering, individual ways of rehabilitation, forming the desire to be healthy with the adoption of disease restrictions is being built.

The fifth lesson is the work on the behavioral component. The behavioral level is associated with the actualization of human activities to preserve health, this is the highest level of attitude towards health and requires the patient's activity aimed at maintaining his health.

The doctor and the psychologist conduct formation of skills and abilities of influence on behavioral risk factors; training in the skills of self-monitoring of the state, provision of first aid.

During the individual training, each patient is identified with the most significant component. If necessary, and at the request of the patient, individual work is carried out.

At the stage of the pilot study, the effectiveness of the psychological rehabilitation

program was analyzed through the optimization of the internal picture of health at the stage of rehabilitation and restored treatment of the patient after acute coronary syndrome. Sixty-six patients with ACS with elevation of ST were examined, who underwent conservative treatment. Patients are divided into three groups depending on the rehabilitation measures carried out: a group of patients who have only traditional rehabilitation measures, a second group of patients who, along with traditional rehabilitation measures, have relaxation methods, the third group, whose participants along with traditional rehabilitation measures, underwent psychological rehabilitation through optimization of the internal picture of health. Each of the participants of the study visited 5 interactive sessions. After completing the complex of studies, the patients passed post-experimental interview.

We analyzed each component of the internal picture of health: in the group of patients who underwent psychological rehabilitation programs through optimization of the internal picture of health, improvement in the course of the underlying disease was noted, in particular, reduction in the frequency and intensity of angina attacks, improvement of exercise tolerance by increasing the distance traveled according to the test with 6-minute walking, changes in the dynamics of heart rate variability indicators according to Holter monitoring of ECG.

The results of processing self-reports of test subjects using the content analysis method make it possible to state that the program affects: a deeper understanding of the possible causes of the disease and a better understanding of the symptoms of the disease (90%); increase of motivation and adherence to treatment (80%); increased sense of confidence in the future improvement of the condition (70%); expansion of life prospects, finding new life goals (60%); improvement of well-being (40%); improvement of relations with relatives (30%); adoption of strategies for solving a complex life situation (20%), etc.

Conclusions. The results of the pilot study suggest that the presented program of psychological rehabilitation of cardiac patients by optimizing the internal picture of health is effective for the rehabilitation of patients after

acute coronary syndrome. The program contributes to a more conscious attitude to health, expand the range of knowledge about the causes of the disease, the treatment of the specifics, the treatment perspective, and promotes adherence to treatment.

Prospects for further research. The program of psychological rehabilitation of cardiac patients by optimizing the internal picture of health requires partial correction and expansion and is promising for further research and implementation.

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