



Level of Physical Activity and Clinical Outcomes of Patients with ACS

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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | In-Hospital Course | Acute Coronary Syndrome (ACS), whose main pathological substrate is atherosclerosis, constitutes a major cause of morbidity and mortality in the modern world. Physical inactivity, present in 85% of the population, is considered a risk factor for the development of atherosclerosis. This investigation was conducted to determine the degree of physical activity in patients with ACS, using the International Physical Activity Questionnaire, consoing with the in-hospital prognosis. It is an observational and analytical study, using 215 subjects, consecutively, admitted with a diagnosis of ACS in cardiology reference hospital from July 2009 to February 2011. All volunteers answered a short version of IPAQ and were followed regarding the appearance of cardiovascular events (CVE) during hospitalization from standardized assessment administered by the investigator, corroborated with data from medical records. It was verified the presence of ECV in 49.8% of the sample, with a linear trend in increasing frequency as a decrement in the level of physical activity. Therefore, it is concluded that physical inactivity predicts ECV during hospitalization of patients with ACS. | Format: Paperback | Language/Sprache: english | 68 pp.



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