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Effect of kinesiophobia on physical activity level in patients with coronary heart disease

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Background: Physical Activity (PA) has now become an effective measure to improve the prognosis of patients with cardiovascular disease. However, patients with cardiovascular diseases often have obstacles to the level of exercise activity, which affects the activity level. The significance of PA in cardiac rehabilitation, and the encouraging results of several related studies, has led to the wider use of TSK, a tool for evaluating kinesiophobia in patients with cardiovascular disease. At present, this problem also applies to people suffering cardiologically in China, where this problem is poorly understood and the related research started late.

Objective: The purpose of this study is to determine the level of kinesiophobia and physical activity in patients with cardiovascular disease, and to assess whether the level of kinesiophobia has an impact on the patient's activity level.

Results: The incidence of Kinesiophobia in patients with coronary heart disease is 69.08%; the median metabolic equivalent of physical activity in patients with coronary heart

disease is 924MET-min/week; related analysis shows that the score of Kinesiophobia and its dimensions are strongly negatively correlated with the metabolic equivalent of physical activity (MET) ($r=-0.509$, $P<0.01$); regression analysis shows that the probability that patients with Kinesiophobia fall into the low physical activity group is 13.023 times that of patients without Kinesiophobia.

Conclusions: The level of physical activity of patients with coronary heart disease is poor, and the incidence of Kinesiophobia is astonishingly high. The score of Kinesiophobia has a strong negative effect on the level of physical activity. Medical staff should pay attention to it and intervene in the patient's level of Kinesiophobia.

Biography

Ruo-han Wang has her expertise in invaluable coronary heart disease and passion in improving the health and wellbeing. She has studied clinical for 8 years, and now working in mental hospital. For her, it was her life's ambition to make the patient's suffering as painless as possible.