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Psychocardiological intervention during the cardiovascular rehabilitation process of children and adolescents with congenital heart disease

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Since 1998, the Status and Consensus Conference on Cardiopsychology has considered the importance of working on the psychosocial factors of cardiovascular diseases (CVD). From this consideration, psychocardiology emerged as one of the branches of Psychology in the health field. Currently, the study of these factors continues to be deepened, which has made it possible to strengthen this appreciation and reinforce the existence of an inseparable link between psychology, neuroscience, and cardiovascular physiology. It has been proposed that children and adolescents with congenital heart disease, given the complexity of the condition and affectations on the cognitive, emotional, and behavioural order, should be linked to the cardiovascular rehabilitation process (CR), which defends the treatment of biological, psychological, and social aspects. Therefore, this presentation aims to sensitize the scientific community to create guidelines or action protocols that homogenize rehabilitation actions in children and adolescents with congenital heart disease without disregarding the associated psychological and social factors. Despite the knowledge regarding the need to treat all the affected dimensions in children and adolescents with heart disease, few comprehensive rehabilitation programs have been recorded. In addition, most existing ones focus on physical activity, dismissing socio-psychological variables. It is proposed to implement standardized intervention actions with congenital cardiovascular patients and their families from interdisciplinarity with the participation of pediatric cardiology, physical medicine, and rehabilitation and psychocardiology to provide high-quality care capable of preventing, reversing, or minimizing the consequences of congenital heart disease in these patients and provide correct guidance to their families.

Keywords: Psychocardiology, cardiovascular rehabilitation, congenital heart disease, children and adolescents, action guides.

Recent Publications

1. T. Rodríguez Rodríguez, A. Nohaya Alonso, N. González Vales (2022). Psychocardiological intervention in the cardiovascular rehabilitation of school children with congenital heart disease: A systematic review, *Rehabilitación*, ISSN 0048-7120.
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