



Abordaje interdisciplinar - enfermería y fisioterapia- de un paciente con cardiopatía familiar. Caso clínico [

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text (article)

Analítica

Introduction. Hypertrophic cardiomyopathy (HCM) is a familial heart disease whose main complication is the development of malignant arrhythmias. When HCM is associated with other cardiovascular disease, such as aortic aneurysm, the risks for the patient increase. **Objectives:** To report the improvement in a HCM patient's quality of life by the organized and joint action of health professionals and highlight the importance of individualizing the therapeutic plan in a holistic way. **Clinical observation.** A 52-year-old man was diagnosed with familial HCM and a 46mm ascending aortic aneurysm. He has no other comorbidities or CVRF; he is interested in sporting activities. He attends the Interdisciplinary Cardiovascular Care on an outpatient basis for eight months and receives treatment from Nursing and Physiotherapy. **Care Plan:** The nursing assessment was carried out using the M. Gordon standards. Nursing diagnoses were prioritized by applying the Analysis of Results of the Current State Model, the diagnoses were 'Sedentary lifestyle' and 'Deficient knowledge'. The initial and expected scores of objectives were established using the Likert scale. The nursing interventions were designed in two ways, one in collaboration with the physiotherapist -in order to design and carry out physical conditioning sessions- and the other to control cardiovascular disease in an independent way. **Conclusions.** Multidisciplinary management can achieve a patient's objectives in an efficient way. Integration of interventions based on the acquisition of knowledge and skills that favour self-care regarding cardiovascular health, are essential

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