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

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Abstract

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 behavioral 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.

Image

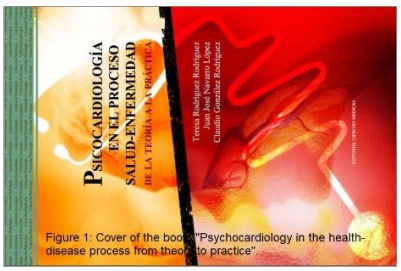


Figure 1: Cover of the book "Psychocardiology in the health-disease process from theory to practice".

Recent Publications (minimum 5)

1. T. Rodríguez Rodríguez, A. Nohaya Alonso, N. González Vales (2022). La intervención psicocardiológica en la rehabilitación cardiovascular de niños escolares con cardiopatías congénitas: una revisión sistemática, Rehabilitación, ISSN 0048-7120.
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3. T. Rodríguez-Rodríguez, J. J. Navarro-López, C. González-Rodríguez, L. F. Herrera-Jiménez, A. Falcón-Hernández, R. L. Rivera-López, A. Nohaya-Alonso. (2021). Psychocardiology's Contributions to Comprehensive Cardiovascular Care in Cuba. MEDICC Review, January 2021, Vol 23, No 1.
4. Dekker, J., Amitami, M., Rodríguez-Rodríguez T.et al. Definition and Characteristics of Behavioral Medicine, and Main Tasks and Goals of the International Society of Behavioral Medicine-an-International Delphi Study. Int.J. Behav. Med. 28, 268–276 (2021).
5. T. Rodríguez Rodríguez, J. J. Navarro-López, C. González-Rodríguez (2013). Psicocardiología en el proceso salud-enfermedad: de la teoría a la práctica. Book: Editorial ECIMED. Ciudad de La Habana. Cuba. ISBN: 978-959-212-857-6.
6. T. Rodríguez-Rodríguez, C. J Castro, J J Navarro, J. L Bernald, L. F Herrera (2008). Mejorando la calidad asistencial del paciente con IMA hospitalizado. Revista de Calidad Asistencial. 2008;23(5):245-6 245. DOI: https://doi.org/10.1016/S1134-282X(08)72614-9

Photograph



Biography

Teresa Rodríguez Rodríguez has a track record of excellence in Health Psychology and its transversal application in the health-disease process in adults and children. Chronic diseases, human sexuality and behaviors modification therapies are fields in which she is qualified as a National Expert in Cuba and with vast international experience. Teaching and research career in Medical Universities and general education, contributing to the development and dissemination of essential fields of psychological research in Cuba and Latin America, such as Psychocardiology, Neuropsychology, Human Sexuality, and socio-psychological variables in chronic conditions.

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Notes/Comments: Presenting with translation assistance from Spanish to English is deeply appreciated.