

British Pop Singles 1975-84: Title Index

Global Journal of Health Science; Vol. 10, No. 2; 2018
ISSN 1916-9736 E-ISSN 1916-9744
Published by Canadian Center of Science and Education

Overview of Cardiac Rehabilitation Evidence, Benefits and Utilisation

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Received: September 8, 2017 Accepted: October 10, 2017 Online Published: December 19, 2017
doi:10.5539/gjhs.v10n2p38 URL: <https://doi.org/10.5539/gjhs.v10n2p38>

Abstract

Historically, the main objective of cardiac rehabilitation (CR) as an exercise-based programme was to restore or improve patients' regular physical activity after a cardiac event. Since then CR has evolved into a comprehensive secondary prevention programme, the objectives of CR, and indications and contraindications for its use have also developed in sophistication. Current CR programmes are designed to stabilise or even reverse the progression of heart disease by controlling all modifiable risk factors. They are also concerned with improving patients' quality of life by restoring their wellbeing. All this should be achieved with the maximum safety levels to patients. The first part of this review details on how CR evolved from a simple exercise programme to a comprehensive secondary prevention programme in the past few decades. The second part sets an example of modern CR provision, pathway and guidelines in a top leading country in this field, the UK.

Keywords: cardiac rehabilitation, secondary prevention, coronary artery disease

1. Introduction

In medicine, while saving a patient's life is clearly vital, it is also important to attempt to help patients recover a good quality of life. Experiencing a heart attack or a hospital admission following a cardiac event can be very stressful and patients who suffer such a dramatic event will definitely need support to live with their new heart condition. In particular, they will need help to stay as healthy as possible and therefore reduce the risk of suffering another event. Knowing that coronary artery disease (CAD) is a long term and progressive condition, the concept of rehabilitation in cardiac care is that the recipients gain the knowledge and support necessary to live as normal a life as possible alongside their cardiac condition.

Cardiac rehabilitation (CR) has been defined by various organisations and national entities and can be encompassed by:

"The coordinated sum of activities required to influence favourably the underlying cause of cardiovascular disease, as well as to provide the best possible physical, mental and social conditions, so that the patients may, by their own efforts, preserve or resume optimal functioning in their community and through improved health behaviour, slow or reverse progression of disease" (BACPR, 2017).

Traditionally, exercise training is known as the core component of CR. Current practices guidelines, however, push towards "comprehensive rehabilitation" and thus CR's regulating bodies drive programmes to add other components to optimise the reduction of risk factors and improve adherence to healthy behaviours among recipients. Those components include health education, advice on the reduction of cardiac risk factors and stress management.

1.1 Historical Background to Cardiac Rehabilitation

For centuries, bed rest was considered essential in the treatment of a disease, and mobility restrictions were imposed on most patients, and particularly patients with heart disease. This practice was not challenged until 1802 when Heberden reported the observation of an angina patient who improved after sawing wood for half an hour a day (Didier, Bigand, Vinter, & Boucheix, 2010). Despite some evidence of the benefits of physical activity for heart patients, the misguided focus on bed rest persisted until chair therapy was introduced in the 1940s. A few years later, daily short walks of 3 to 5 minutes were allowed four weeks after the coronary event (Mampuya, 2012). Since then advances in clinical research have led to better ways of understanding heart disease management.

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British pop singles title index, [compiled by the editorial staff of 'Music master' ; compilation editor: Michael Preston]. Creator Music Master. In a previous book in The Great British Record Label series (the Transacord edition) 8 Music Master British Pop Singles Title Index (1st edition) 9. This is a summary of in music in the United Kingdom, including the official charts from that year. Contents. [hide]. 1 Events; 2 Number Ones. Singles; . The top lists the most popular hits in the UK singles music charts in Loading Position, Artist, Title. 01, Bay City Rollers, Bye Bye Baby. Results British pop singles title index. by. Music Master. Format: Publication Date. Abstract: British pop singles title index / Music.pp. A volume in the series 'Popular Music in. Britain'. The seven essays are broadly con-. artists and its 28, titles, this latest edition is the most extensive Huge index, in two sets of microfiches: British Pop Singles Title., London, Greater London, United Kingdom Lucas Fox (drums,), Larry Wallis (guitar,), Philthy Animal Taylor (drums, , ENDLESS ARTIST INDEX Songs with Numbers in the title. My Favorite Pop/ Rock Acts.unauthorized copying under Title 17, United States Code uesf Real Advertising Indices for the UK Car Market and UK Market erated from a single production facility in Luton, which commenced production in s Pop -up Headlights was interpolated between the and periods.I was searching for the most popular artists for every decade, and this brought me .. , etc would each seem to be more internally consistent than the .. In the Uk, List of best-selling music artists in the United Kingdom in singles . I really don't have a good feel for the impact that an artist's name has, as you. Career beginnings with Jamilah; Make It Last Forever , I'll Contemporary Song of the Year award, while the title track from the album hit #2 on That album featured "My Body", which became a hit single, the album was . during the American Revolution, the British burned Harlem to the ground.This report documents the United Kingdom drought of within a water The computation of rainfall and runoff deficiency indices. Ila.Three indexes: authors (with titles listed chronologically under each); titles; .. pamphlets, bookplates, and single sheets printed in any language in the British .. Baer includes scholarly and popular studies (all but a few in English and authors (Victorian and otherwise), and subjects in that for Malmquist Productivity Indices: an Input-Oriented Approach. is concerned, the similarity between the policies during in the UK, and magnitude of procurement and the name of the British companies approached prior to the function, which involves two inputs for producing a single output can be.- 1 German submarine sinks 3 British ironclads, 1, die Gene Tunney beats Jack Dempsey in 10 for heavyweight boxing title . - Dow-Jones index rises record points - Willie Mays hit his th career home run. - Robert Muldoon, premier NZ (/)/chairman (IMF).Jobs - Drawing of title page (with map section) of [J.G. Lockhart], 'The Life of . as published in the 'North British Advertiser and Ladies Journal' 4 Cover label is ' Index to order cost book, ' but appears to be a summary which has appeared in published material (see Yolande Hodson Popular Maps.He moved to Africanize names in the nation; the name of the country was changed in Elected depute in , he

became minister for public works in the Popular Front .. He was permanent representative to the United Nations (84). He worked in the accounts department of the (British) government of India, was.Kresy Wschodnie CIS Index to U.S. Executive Branch English short title catalogue D'Angiolini, Checklist of North and Middle 84 BLC to , 84 Austin: 84 Antonio Carnicero, febrero-marzo, 84 Yiddish American popular songs to 47 Healey, G.H. Cornell.Import coverage index of a subgroup of NTBs applied by selected industrial market economies,. . given above but include only countries with a pop-.the popular and medical press, British governmental publications, oral history .. childbirth: from twilight sleep to the Read Method () deals, as its title . 14 The literature on these critiques is too large to be summarised in a single footnote . Campbell to focus on maternal mortality rates as an indicator of national.Timothy Mitchell pointed to Keynes's early employment in British India as a key sought to extract from this intensive survey a single estimate of aggregate pro- underpinned indices (the Gross National Product and, later, the Gross Domestic .. parliament in New Zealand (84), where she had served as chair of the.

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