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### Pain as a potential impact factor in cardiac rehabilitation: Literature Review

#### Abstract:

**Introduction:** Cardiovascular Diseases are responsible for substantial damage to the health system, being the main cause of mortality in the world, just as Pain is the main cause of disability in the world. It is common for individuals diagnosed with both pathologies as well as other comorbidities, to be associated with a high risk of mortality. The study of pain in this specific population can bring us greater clarity on the impact it has on cardiac rehabilitation.

**Objective:** To identify studies that researched the impact of Pain in patients with Cardiovascular Disease, and to analyze the impact of pain on the rehabilitation of these individuals.

**Methods:** We performed an integrative literature review in the PUBMED database based on clinical practice, selecting studies that evaluated pain, functional capacity, quality of life, and treatment adherence, the studies were analyzed according to criteria of practice based on scientific evidence.

**Results:** A total of 380 studies using the search strategy, where 55 studies were selected after reading the title and abstract, and after analysis 23 studies were included according to the inclusion criteria.

Despite the high relevance of the subject in the literature, there are still few studies with a high level of scientific evidence, which address the impact of Pain in individuals with Cardiovascular Disease, but primary studies have shown a direct correlation between the two pathologies, being associated with clinical worsening of these individuals, highlighting the importance of a better approach to Pain.

**Conclusion:** Pain is a common pathology among individuals with Cardiovascular Disease, decreasing functional capacity, and treatment adherence, and triggering changes in the autonomic nervous system, which can negatively impact cardiac rehabilitation.

#### Biography

Pt. **Joao Rafael Rocha da Silva** has been a clinical physiotherapist for over 15 years, with a postgraduate degree in rehabilitation applied to sport from the Department of Orthopedics and Traumatology at the Escola Paulista de Medicina CETE- UNIFESP, also having a postgraduate degree in Improvement in assessment and interdisciplinary treatment in Pain at the Hospital das Clínicas of the Faculty of Medicine of the University of São Paulo HC-FMUSP. He recently published five studies related to the treatment of Pain, which were presented at more than five international conferences and congresses. Scientific reviewer for international journals.