Therapeutic Exercise Plan Individualized in Domicile (TEPID), Physiotherapy strategy for patients with hereditary coagulopathy

Nadia Esperanza Perdomo Olarte, Physiotherapist
Organización Vihonco IPS SAS, Ibagué, Colombia



Introduction and objectives



OPEN

"Creation of habit and love for physical exercise"



OPEN

Materials and methods

Bibliographic reviews, review of medical records, identification and analysis of difficulties in attending the Physiotherapy service. Determined the need for physical training by patients is constructed "TEPID" coordinated by Physiotherapy, with the support of the interdisciplinary team and the family network. It has components: Valuation, Educational, Guidance, Therapeutic, Progressive and Feedback, it is projected from 1 to 4 years, with therapeutic objectives in the short, medium and long term. Therapeutic exercise at home will be done in the first year 2 to 3 sessions / week with intensity of 30 to 60 minutes, Second year 3 to 4 sessions / week with intensity of 1 to 2 hours, Third year 4 to 5 session / week with intensity of 1 to 2 hours, 4 years 5 to 6 sessions / week with intensity of 1 to 2 hours

Results

Difficulties were detected that generated adjustments to the TEPID; Motivated patients were observed who fulfilled the TEPID and established physical exercise as a lifestyle, as well as some who are not adherent. Structuring strategies that provide professionals with care tools will allow



Conclusions

The therapeutic strategies are dynamic and must contain guidelines that support Physiotherapy attention. The personal culture and institutional mobility of patients makes it difficult to implement the TEPID. Studies with qualitative and quantitative results are necessary.