

El Parque Bio Saludable con adición de ligas en el tratamiento de accidentes cerebro vasculares

Bio Healthy Park with addition of links in the treatment of vascular-brain accidents

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RESUMEN

La investigación está encaminada a establecer cambios en proceso pedagógico de la Cultura Física, se persigue eliminar las insuficiencias teórica-metodológicas que limitan el tratamiento de los pacientes afectados de accidente cerebro vascular (VBA) en las Áreas Terapéuticas. Se propone como objetivo la elaboración de un sistema de acciones metodológicas sustentadas en el tratamiento del paciente afectado de (VBA) por medio del uso del Parque Bio Saludable y ligas. A partir de los resultados obtenidos con el método Criterio de especialistas y las técnicas de investigación aplicadas, se pudo constatar la efectividad del tratamiento.

Palabras clave: Accidente cerebrovascular; Rehabilitación física; Parque biosaludable; Acciones metodológicas

ABSTRACT

The research is aimed at establishing changes in the pedagogical process of Physical Culture, it seeks to eliminate the theoretical-methodological inadequacies that limit the treatment of patients affected by cerebrovascular accident (VBA) in Therapeutic Areas. The objective is to develop a methodological system of actions based on the treatment of affected patients with (VBA) through the use of the Healthy Bio Park and leagues. Based on the results obtained with the Criteria method of specialists and applied research techniques, the effectiveness of the

treatment could be verified.

Key words: Vascular-brain accident; Physical rehabilitation; Bio healthy park; Methodological actions

INTRODUCTION

Within untransmissible diseases (NCDs), stroke (VBA) is the third cause of death in the developed world, after cardiovascular diseases and cancer, in Cuba they are also the third cause of death and according to a study in 2003, these have been increasing annually.

We call stroke or stroke the cerebral circulatory disorder that causes a temporary or definitive alteration. In our environment, stroke is the second cause of death and the first cause of disability, with a great economic impact. Thrombolysis and stroke units are the biggest contribution to stroke treatment in recent years and have changed a nihilistic attitude to an active attitude, since stroke is a medical emergency. (Bembibre, 2001).

Studies carried out on the application of physical exercises in the treatment of patients with (VBA) do not address the use of healthy Bio Parks and leagues for gait improvement in patients with (VBA), together with the types of exercises that It offers the Therapeutic Physical Culture program, which constitutes a limitation in this regard. The previous bibliographical reviews and the results of the preliminary tests, allow to detect the following insufficiencies:

- (VBA) is a pathology of high prevalence in the population, however, there are methodological limitations for its treatment in the areas of Physical Culture. (Bio Healthy Parks).
- Even the professionals of the Physical Culture have deficiencies in theoretical, practical and therapeutic aspects essential in the use of healthy Bio Parks, so their potentialities for the improvement of gait in patients with (VBA) are wasted.

DEVELOPMENT

The system of methodological actions for the treatment of patients with (VBA) that is defined operatively in this research, is understood as the set of principles, ideas, concepts and value judgments scientifically based and organized in a systemic way, whose logic corresponds with the object of study that is intended to transform,

with the system of methodological actions for the physical-therapeutic treatment of gait in patients with (VBA) through the use of Bio Healthy Parks and leagues.

They are specified in a knowledge system resulting from the interpretation and systematization of existing theories, and the epistemological foundations analyzed on which the treatment of the patient affected by (VBA) is based, in the area of Therapeutic Physical Culture directed by historical theory -cultural of Vigotski, L. [1995], the zone of proximal development, as valuable theoretical contributions for the treatment of the patient affected by (VBA) based on a systemic structuring.

The physical-therapeutic treatment is operatively defined as the application of physical exercise for the purpose of treating certain diseases.

No less important is the definition of physical exercise, which is systematized in this work as any structured and repetitive body movement, which aims to improve or maintain the physical condition. Pérez, A [2006].

Bio Healthy Circuits

A bio healthy park is defined as a park with different obstacles, which demands the physical work of all parts of the body and abilities such as balance, coordination, strength, elasticity, mobility and agility and even to treat ailments or concrete injuries Hernández, A. (2009)

Proposal Structure

1. General objective.
2. Explanations necessary.
3. Phases (Methodological actions)
Previous - Diagnosis - Planning - Execution - Assessment

4. Series of physical exercises.

- ☐ Name of the physical exercise. - Description - Repeats - Methods -Procedures
- ☐ Organizational forms - Evaluation - Bibliography - Control.

5. General considerations to implement the proposal.

1. General objective of the proposal.

Design a system of methodological actions for the treatment of gait in patients with (VBA) through the use of healthy Bio Parks with the addition of links.

2. Explanations necessary.

Classes in patients with (VBA) through the use of Bio Healthy Parks and leagues must have three levels of systematics where it is specified and these are:

The first level: it is characterized by specific processes associated with a particular type of gait practice in patients with (VBA) through the use of Bio Healthy Parks and leagues.

The second level: it is structured by integrating the main needs that are satisfied, the characteristics of the patient to whom they are addressed and the predominant type of specific process.

The third level: corresponds to the development and improvement of the organization, operating at the level of the possibilities of the patient and its balance depending on the achievement of the rationale of the system.

3. The phases, which give rise to the proposal, are set out below:

3.1. Previous Phase

Objective: to explain all the organizational and methodological steps necessary to introduce the methodological actions for the work in patients with (VBA) through the use of the Bio Healthy Parks and leagues in the Physical Culture classes so that the teacher who will perform The patient's treatment process.

To comply with it, the following actions will be carried out:

1. Conduct of an orientation workshop for teachers of Physical Culture (in this workshop the elements that support the theory of work in patients with VBA will be made known through the use of Bio Healthy Parks and leagues.
2. Execution of an instructional methodological class on the activities that are proposed to be introduced.
3. Demonstration methodological class to analyze the possible variants of treatment introduction in patients with (VBA) through the use of Bio Healthy Parks and leagues.

3.2 Diagnostic Phase:

Objective: to diagnose the current state of the treatment of (VBA) in the therapeutic areas.

For which the following actions must be taken into account:

1. Study of the referral of the specialist.

2. Initial diagnosis of the patient that collects mood, interpersonal relationships, health status, availability to perform daily activities, medication consumption, social life and type of walking.

3. Check the behavior of the stress figures.

Indication based on the results obtained in patients with (VBA) through the use of the Bio Healthy Park with the addition of links as a form of treatment.

3.3 Planning Phase.

Objective: to establish the different ways to develop the methodological actions for the treatment of the patient with (VBA) through the use of the Bio Healthy Park plus leagues, taking into account the influence of these activities for the rest of the pathologies that these patients present.

For this phase we must specify the following actions:

1. Study of the associated pathology of the patient.
2. Dosage of the loads taking into account the associated pathology.
3. Control of the influences of the proposed activities on (VBA) and associated pathologies.

3.4 Execution Phase.

Objective: to execute what is planned in the real conditions of the patients and of the Bio Healthy Parks and leagues of the areas of the Physical Culture where the treatment process is developed and the fulfillment of the previous phases.

To carry out this phase the following actions cannot be violated:

1. Verification of medication intake according to medical indications.
2. Patients should have breakfast as required before the activity.
3. Study of pulse behavior and blood pressure.
4. The patient will not perform the exercises if he passes through a feverish state.
5. In case of chest pain immediately stop the exercises.

3.5 Evaluation Phase.

Objective: To evaluate the feasibility of the system of methodological actions in the process of treatment of the patient with (VBA) through the use of Bio Healthy Parks with the addition of links applying the HUMAN software version 5.0).

In this final phase the following actions will be carried out:

1. Evaluative diagnosis at 7 days to compare how the patient has evolved with regard to mood, interpersonal relationships, health status, availability to perform daily activities and social life.
2. Control of the assimilation of the proposed activities.
3. Incorporation of the diagnosed patient to the planned activities.
4. Gait evaluation (filming and processing by means of the HUMAN software version 5.0).

Methodological indications for the application of the treatment with the implements of the Bio Healthy Park with the addition of leagues.

- ☐ Work on each of the implements without using the leagues with 5 repetitions the first week and increase 5 repetitions every week until completing 4 treatment sessions.
- ☐ Work on each of the implements with a league with 3 repetitions the first week and increase 3 repetitions each week until completing 4 treatment sessions.
- ☐ Work on each of the implements with a league with 5 repetitions the first week and increase 3 repetitions each week until completing 4 treatment sessions.
- ☐ Work on each of the implements with 2 leagues with 3 repetitions the first week and increase 3 repetitions every week until completing 4 treatment sessions.
- ☐ Work on each of the implements with 2 leagues with 5 repetitions the first week and increase 3 repetitions every week until completing 4 treatment sessions.

The general evaluation of the applied surveys, regarding the requirements and the methodological evaluation, is satisfactory. 81.8% (1 of 3) coincide, with the category of totally agree, which corroborates the result of the research for the pedagogical practice in this context, and demonstrates the importance of this tool for the preparation of teachers in terms of use of healthy Bio Parks and leagues in effective treatment of the progress of patients with stroke.

Two of the respondents, although they agree with the proposal, fully evaluate some of the aspects, for 18.8%. All argumentation criteria are valued high for being between 4 and 5 points.

The feasibility of the set of actions is demonstrated and the effectiveness of the methodology in practice is evidenced.

In the diagnosis of exit, a qualitative leap in the development reached by the patient affected by (VBA) was observed, which exceeds the results of the diagnosis of entry; In 80% of the classes observed, the patient participates enthusiastically throughout the class.

When performing the gait analysis, it was found that after 6 months of performing the exercise system, the gait evaluation was found with score 4 in this way, the degree of improvement that the patient experienced was known.

Methodological Triangulation was used, to contrast the results of the methods used, the results are understood as convergent. It becomes a process of mutual conformation, which produces precision and objectivity.

It is corroborated that the exercises used create high motivation and improve the correspondence between the proposed objectives and the methods used for working with patients affected by VBA).

The assessments demonstrate the effectiveness of the proposal and the congruence of the results obtained is confirmed; It follows that methodological actions solve the problem.

CONCLUSIONS

The proposed methodological action system specifies the systemic components for the treatment of the gait of the patient affected by VBA) in the area of Therapeutic Physical Culture. When applying the methods and techniques to assess the effectiveness of the proposal in pedagogical practice, it was found that it is effective, leading to achievements in the preparation of teachers for the treatment of patients affected by (VBA).

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