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Transcutaneous electrical nerve stimulation in combination with cobalamin injection for post-herpetic neuralgia: A single-center randomized controlled trial

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Keywords: Post-herpetic neuralgia; Transcutaneous electrical nerve stimulation; Cobalamin; Randomized clinical trial

Introduction.– To explore the efficacy of transcutaneous electrical nerve stimulation (TENS) with locally injected cobalamin in relieving pain and improving activities of daily living (ADL) in patients with post-herpetic neuralgia (PHN).

Observations.– Ninety patients (≥ 50 years old) with PHN with pain score ≥ 4 were randomized to receive TENS and local injections of cobalamin (T-MB group) or lidocaine (T-LD group) or a combination of cobalamin and lidocaine (T-BL group) for 8 weeks. Treatment efficacy was assessed based on worst pain severity, global impression of change, ADL, and QoL.

Results.– No significant differences in groups were observed in endpoint to adverse events. Functional capacity was evaluated by a 6-minute walking test. While the rehabilitation group (RG) had supervised exercise therapy (SET) for 6 months, the control group (CG) did not have any SET. Patients were randomized to receive TENS and local injections of cobalamin (T-MB group) or lidocaine (T-LD group) or a combination of cobalamin and lidocaine (T-BL group) for 8 weeks. Treatment efficacy was assessed based on worst pain score at each follow-up point were statistically significant (P < 0.05) among groups. In the T-MB and T-BL groups, the mean pain scores were 4.0 ± 1.4 and 4.1 ± 1.2 at endpoint, 28 and 26 patients achieved ≥ 30% pain reduction, and 14 and 10 perceived worst pain ≤ 5, respectively. The ADL and QoL data at the study endpoint showed significant benefits in the T-MB and T-BL groups (P < 0.05). In the T-LD group, the mean pain score was 6.1 ± 1.2 at the endpoint relative to baseline (P < 0.05), and only six patients achieved ≥ 30% pain reduction.

Discussion.– TENS in combination with local cobalamin injection has a significant analgesic effect.

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Safety and effectiveness of long-term exercise training of patients after lower limb arterial blood flow surgery

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Keywords: Rehabilitation; Safety; Supervised exercise therapy

Introduction.– Cardiovascular rehabilitation that includes exercise training has the potential to benefit patients with peripheral arterial disease (PAD) by improving functional capacity and reducing cardiovascular events [1]. The aim of this study was to evaluate the safety and effectiveness of exercise training in patients after lower limb bypass surgery.

Methods.– The study included 59 patients who were randomized to two groups. While the rehabilitation group (RG) had supervised exercise therapy (SET) for 6 months, the control group (CG) did not have any SET. Patients were assessed at baseline and 6 months after intervention. We evaluated all observed adverse events. Functional capacity was evaluated by a 6-minute walking test.

Results.– No significant differences in groups were observed in endpoint to combine of repeat hospitalization outcomes. A significant difference (P = 0.05) was observed in hospitalization for cardiovascular disease (CD). There were fewer CD in RG. A significant improvement was observed in the total walking in RG (P = 0.01).

Conclusion.– Patients with PAD are at high risk of further CD such as stroke and myocardial infarction, thus it is very important to refer patients after lower limb bypass surgery to rehabilitation.

Reference

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A case report of rehabilitation treatment after carbon monoxide poisoning

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Keywords: Encephalopathy; Mental health; Physiotherapy; Occupational therapy

Introduction.– Hypoxic encephalopathy is a complication of carbon monoxide poisoning, which is rarely a concern in the treatment of streamlines. Due to the complex nature of functional and cognitive impairment, however, is a challenge to the use of therapies based streamlines physiotherapy, neuropsychological therapy and occupational therapy.

Observations.– The presentation describes the case of 46-year-old female after carbon monoxide poisoning. She was forwarded to the department after stabilization of vital problems in the intensive therapy ward. The presentation shows the models used in the treatment of patients depending on the abnormality as well as the benefits derived from the methods. During hospitalization changes in behavior and cognitive skills was observed in the patient. Therefore, Cerebrolysin with a comprehensive rehabilitation applied based physiotherapy, occupational therapy and cognitive therapy. Due to the rapidly changing state of psychophysiological patient, increasing behavioral problems, coordination, balance, behavior therapy group underwent frequent modifications. After staying in the ward dexterity and co-ordination of movement, prolonged concentration, abstract thinking as well as improve fresh memory and perceptive was improved.

Discussion.– Comprehensive rehabilitation including Cerebrolysin treatment, based on physical therapy, occupational therapy and neuropsychologist assessment is the basis for the patient’s rehabilitation after carbon monoxide poisoning.

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Helping patient with diabetes through physical activity

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Keywords: Physical activity; Glycemy; Lifestyle

Sedentary life style and limited spare time influenced the faster grow of the number of diabetics. Those individuals feel tired, without enthusiasm or motivation, have no qualitative life and this is the primary reason of inactivity, followed by organic complaints which advance vital problems. The goal of our study is to apply physical activity with the purpose of improving glycemy value, improvement of muscular strength and improvement of diabetic neuropathy. Study has included 45 patients with diabetes mellitus of different ages, 30 of them belonging to the working group and 15 of them to the control group. For one month these individuals were followed for: glycemy, neuropathy signs, muscular strength,