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Integration of violated “I” in the process of a complex cardiosurgical rehabilitation.

Abstract

The aim of this article is to emphasize problems associated with rehabilitation conducted in post-cardiac surgery patients, who constitute – because of the constantly increasing number of such patients – an important part of the contemporary reality. The topics included in this work pertain to problems with maintenance of psychophysical unity in this social group (disturbances in the image of physical self, depression, stress, anxiety) as well as they attempt to present methods used to maintain this unity and to improve the quality of life (complex peri-operative rehabilitation, necessity to change life style).

Key words: psychophysical unity, cardiac surgery, complex rehabilitation, body image – physical self, depression, life style