



# Chronisch Hartfalen en Fysieke Training

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Aandacht op de juiste plek

# Introductie

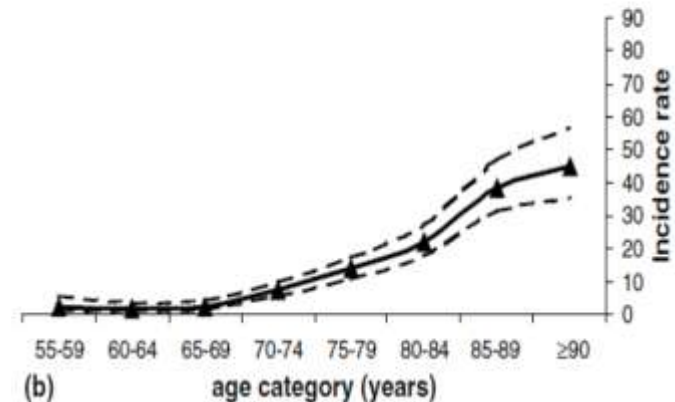
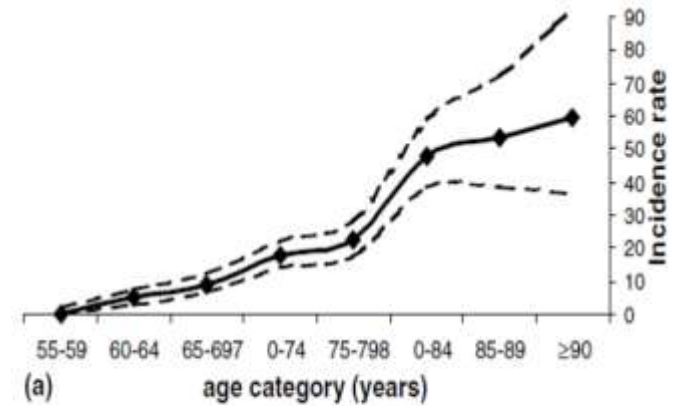


- **Sportarts**
  - *Blessurebehandeling*
  - *Sportkeuring*
  - *Inspanningsdiagnostiek*
  - *Trainingsprogramma's chronisch zieken*



# Chronisch Hartfalen

- **Incidentie**
  - 180.000 (2003)
  - Leeftijd
- **5-jaar mortaliteit**
  - 59% mannen
  - 45% vrouwen



# Chronisch Hartfalen



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# Fysieke training?

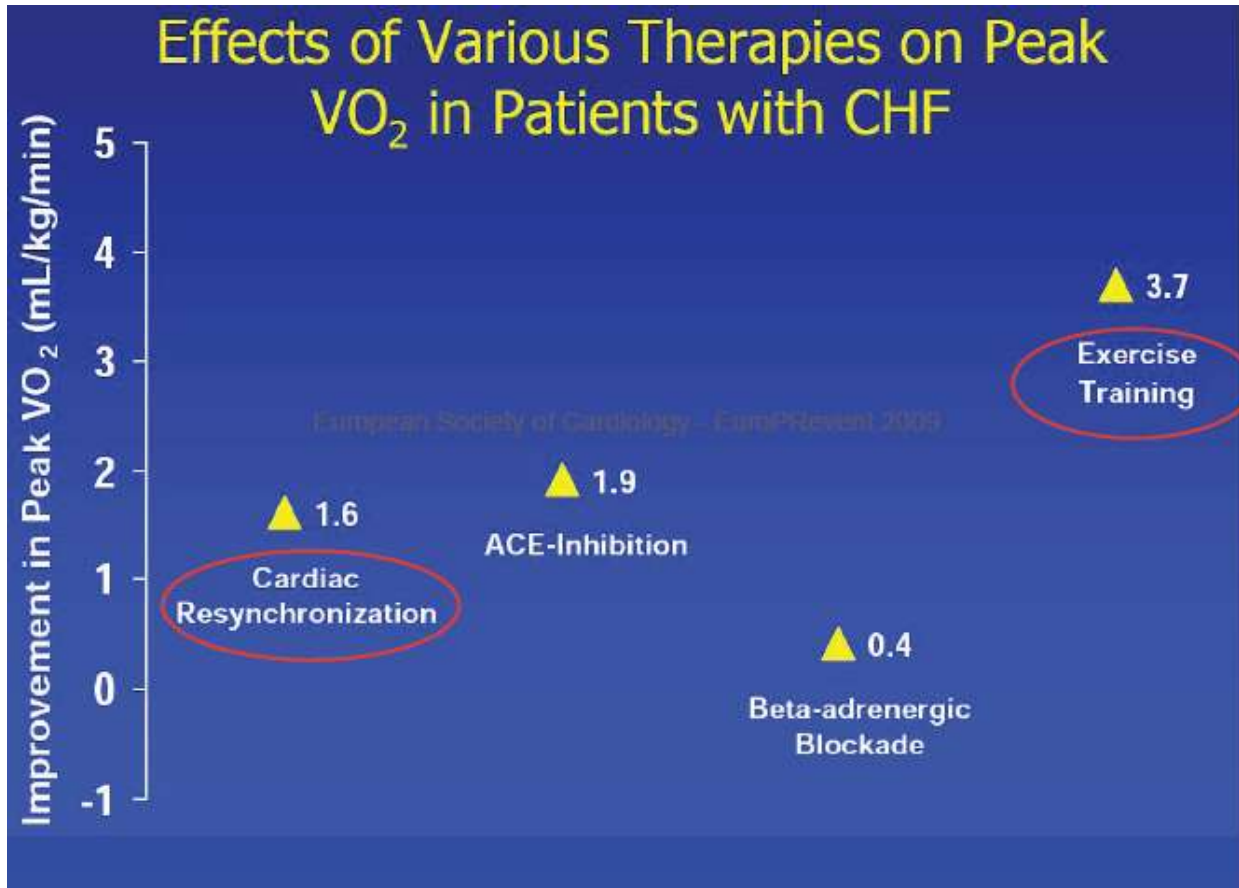


# Fysieke training (effect)

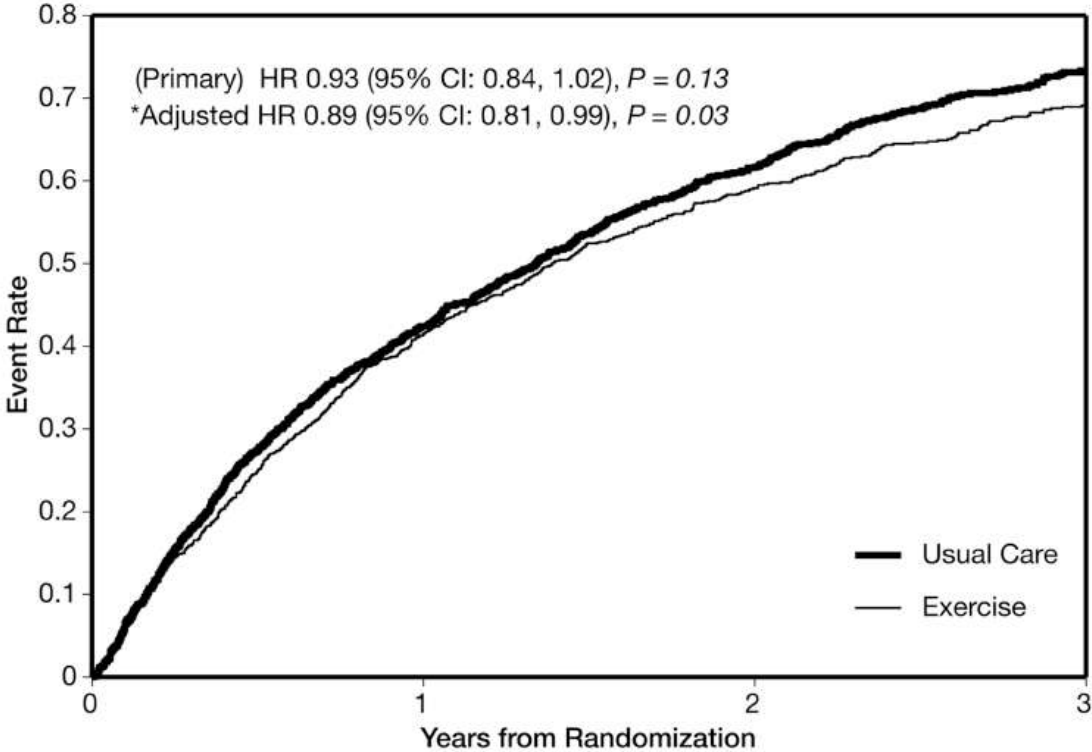




# Fysieke training (vergelijking)



# Fysieke training (veiligheid)





# Hoog intensieve interval training (HIT)



## **Superior Cardiovascular Effect of Aerobic Interval Training Versus Moderate Continuous Training in Heart Failure Patients A Randomized Study**

Ulrik Wisløff, PhD; Asbjørn Støylen, MD, PhD; Jan P. Loennechen, MD, PhD; Morten Bruvold, MSc;  
Øivind Rognmo, MSc; Per Magnus Haram, MD, PhD; Arnt Erik Tjønnå, MSc; Jan Helgerud, PhD;  
Stig A. Slørdahl, MD, PhD; Sang Jun Lee, PhD; Vibeke Videm, MD, PhD; Anja Bye, MSc;  
Godfrey L. Smith, PhD; Sonia M. Najjar, PhD; Øyvind Ellingsen, MD, PhD; Terje Skjærpe, MD, PhD



# HIT en cardiale adaptatie



# HIT vs usual treatment

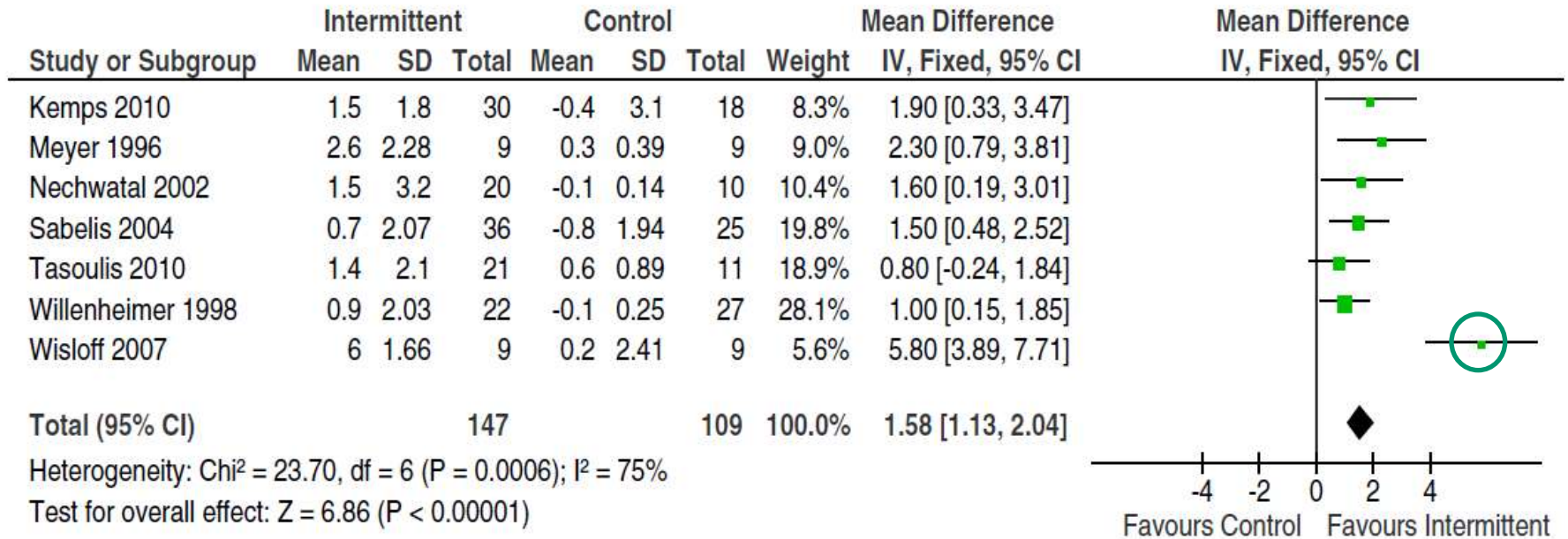


Fig. 2. Change in peak VO<sub>2</sub> for intermittent versus sedentary control.

# HIT vs duurtraining

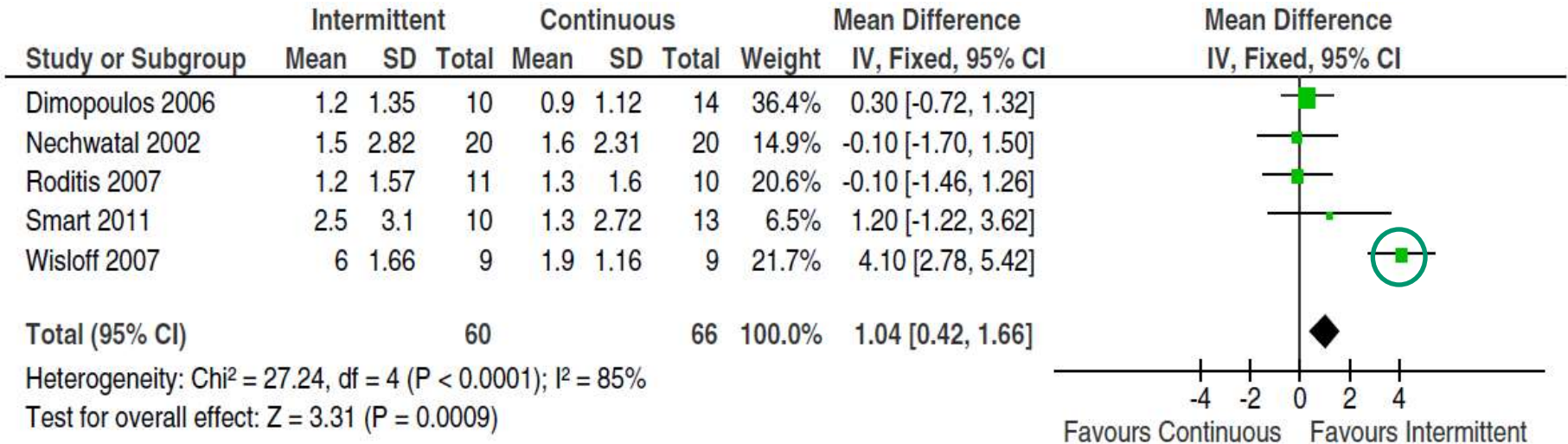
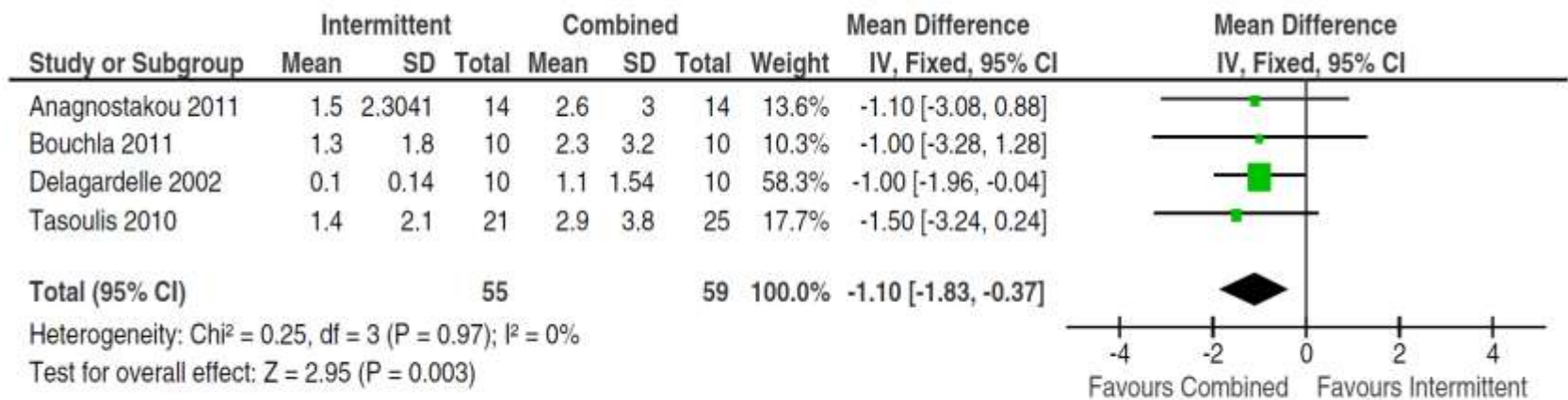


Fig. 3. Change in peak VO<sub>2</sub> for intermittent versus continuous exercise training.



# HIT en krachttraining



**Fig. 4.** Change in peak  $\text{VO}_2$  for intermittent only versus combined training.

# HIT voor iedereen?



- **Patiënt met chronisch hartfalen**
  - **Stabiel & mobiel**
- **Inspanningstest**
  - **Prognose**
  - **Objectivering inspanningscapaciteit**
  - **Cardiopulmonale contra-indicaties training**
  - **Dosering training**



# Conclusie



- **Chronisch hartfalen**
  - **Fysieke training**
    - *Prognose*
    - *Inspanningscapaciteit*
    - *Kwaliteit van leven*
    - *Cardiale functie...?*
  - **Mits...**
    - *Geschikt en getest*





# Dank voor uw aandacht

