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# **Book of Abstracts**

**3<sup>rd</sup>**

# **World Scientific Congress**

## **“Quality of Life in Interdisciplinary Approach”**



**Kochcice, Poland 2022**

Editors

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**Book of Abstracts**

These are the original abstracts submitted to 3rd World Scientific Congress "Quality of Life in Interdisciplinary Approach", Kochcice, Poland, October 26-28, 2022

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***Dear Colleagues and Friends,***

*It is our great pleasure to welcome you to Kochcice near Częstochowa for the 3rd World Scientific Congress "Quality of Life in Interdisciplinary Approach", in Poland, October 26-28, 2022. The current third edition of the Congress has shown that despite the pandemic break, we have managed to activate and gather a multidisciplinary group of scientists and practitioners.*

*In particular, we are proud that we have authors from 17 countries as follows: **Japan, Canada, USA, Germany, Great Britain, China, Portugal, Czech Republic, Slovakia, Ukraine, Switzerland, Bosnia and Herzegovina, Belgium, Estonia, Italy, Latvia and Poland.***

*The meeting creates the opportunity for communication and exchange of experience within the meaning of the sciences about physical education and health in the interdisciplinary approach. As the organiser, we would like the congress to become the platform to raise discussion and create common research plans.*

*I wish you success during your presentations.*

*Committe*

*Prof. Jacek Wąsik, Ph.D*

*Prof. Janusz Szopa, Ph.D.*

*Dorota Ortenburger, Ph.D.*

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## Compliance to secondary prevention of smoking as a risk factor of recurrent myocardial infarction

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**Introduction:** Compliance to treatment is an important condition of quality and effectiveness of patient therapy. **Aim:** To study the awareness and compliance to prevention of tobacco use of patients after myocardial infarction (MI) in the residual period. **Materials and Methods:** To study awareness of risk factors and compliance to secondary prevention of MI, a representative sample was created by randomization, taking into account the proportional distribution in the population by age (under 65 and over 65 years old) and sex. Patients' awareness of risk factors, use of preventive measures and compliance to treatment were assessed on the basis of a questionnaire. 333 respondents took part in the questionnaire – 234 men (70,27%) and 99 women (29,73%), the average age –  $62,5 \pm 9,8$  years old. The period after MI averaged  $2,5 \pm 1,6$  years (from 0,5 to 7,0 years). **Results:** 299 patients out of 333 (90,99%) answered «Yes» to the question «Do you use any methods to prevent cardiovascular disease, i.e. are you doing anything to reduce its risk of developing or worsening?». In order to determine patients' awareness of reducing the risk of recurrent heart attack, 15,92% were aware that smoking cessation reduces the risk of recurrent MI. Among those informed people were 20,09% of men and 6,06% of women ( $\chi^2=9,21$ ;  $p=0,002$ ). 11,04% of patients said that they quit smoking to prevent a heart disease. It should be noted that 70,27% of respondents received recommendations from their doctors to smoke less or quit smoking. **Conclusions:** Low level of awareness of the possibility of risk factors modifying for recurrent heart attack is associated with a low compliance to non-drug secondary prevention measures after MI such as smoking cessation ( $F$   $p=0,000$ ) and alcohol reduction ( $\chi^2=35,29$ ;  $p=0,000$ ).

Keywords: cardiac rehabilitation, preventive medicine, smoking