

INFLUENCE OF PHYSICAL EFFORT ON HEPATIC TESTS IN EARLY CONVALESCENCE OF ACUTE VIRAL HEPATITIS

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Rest in bed in acute viral hepatitis (AVH) is considered to be essential for the recovery process, though some authorities contest this fact. Rest in recumbent position doubles the liver blood supply, speeding up hepatic regeneration. The subjects of the study were the patients admitted to the Military Hospital of Cluj-Napoca, between the years 1992-1994 during the first 2 days after they came out of the district civil hospitals and of the Clinic of Infectious Diseases of Cluj, with the diagnosis AVH type A and B.

After a 2-3 weeks bed rest, the patients made a physical effort by going to their unit and from there to the Military Hospital. A relapse of the hepatic cytolysis syndrome occurred (the level of ALAT is 2-3 times higher) in 90% of the cases of AVH type B and in 50% of the cases of AVH type A. The other hepatic tests were not significantly changed. The sudden change from rest in bed to physical effort leads to a relapse of hepatic cytolysis syndrome. Gradual resuming of activity is necessary, with effort monitoring, like in acute myocardial infarction care.